Af Af Af (Down, Down, Down)

拍数: 32 **墙数:** 4 **级数:** Beginner

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音乐: Af en Af - Kurt Darren : (3:05)

Af Af Af also has the double meaning of “Off, Off, Off” in all the meanings of that word!

Alt. Music – Af en Af by Carlo en Leo/ Helemaal Hollands on Vanavond gaat het gebeuren [3.04 152bpm]

Start - On vocals after 16 beats

S1: Vine with a touch R and L.

1,2,3,4	Step R to right side, Cross L behind R, Step R to right side, Touch L next to R,
5,6,7,8	Step L to left side, Cross R behind L, Step L to left side, Touch R next to L

S2: [Step R, Pop L knee, Step L, Pop R knee], Repeat

1,2,3,4	Step R next to L, Pop L knee across R, Step L next to R, Pop R knee across L,
5,6,7,8	Repeat

S3: Diagonal fwd, Together, 2 Heel bounces, Back, Together, 2 Heel bounces

1,2	Step R fwd to right diagonal, Step L next to R, 1.30
3,4	Bounce both heels 2x [weight to R],
5,6	Step L back keeping on right diagonal, Step R next to L,
7,8	Bounce both heels 2x [weight to L]

S4: Step, Touch, Step, Touch, Step, Touch, Step, Touch

1,2	Step R to right side to face 3.00, Touch L next to R, 3.00
3,4	Step L in place, Touch R next to L,
5,6	Step R to right side, Touch L next to R, 3.00
7,8	Step L in place, Touch R next to L