

# Af En Af (My Heart) AB

**COPPER**KNOB  
BY SHEETS

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Annemaree Sleeth (AUS) - September 2023  
音樂: Af en Af - Kurt Darren



Written For Dancers At Sherbrooke U3a

Approximately 16 Beats In

## S 1 (1 – 8) TOE STRUTS, OUT, OUT, IN, IN

1-2            Touch Right Toe Forward, Drop Right Heel  
3-4            Touch Left Toe Forward, Drop Left Heel  
5-6            Step Right Out Side, Step Left Out To The Side ( Feet Are Apart)  
7-8            Step Right In, Step Left Beside Right

## S2 (9 – 16 ) TOE STRUTS, VINE, TOUCH

1-2            Touch Right Toe Forward, Drop Right Heel  
3-4            Touch Left Toe Forward, Drop Left Heel  
5-6            Step Right Side, Cross Left Slightly Behind Right  
7-8            Step Right Side, Touch Left Beside Right

## S 3 (17– 24) SIDE, TOUCHES, VINE ¼ LEFT, TOUCH

1-2            Step Left Side, Touch Right Beside Left  
3-4            Step Right Side, Touch Left Beside Right  
5-6            Step Left Side, Cross Right Slightly Behind Left  
7-8            Turn ¼ Left Step Left Forward, Touch Right Beside Left 9.00

## S 4 (25 – 32) PRISSY FORWARD, PRISSYS BACK

1-2            Cross Right Slightly Over Left, Hold  
3-4            Cross Left Slightly Over Right  
5-6            Step Right Back, Hold  
7-8            Step Left Back, Hold Can touch On The Last Hold or Lift Into the Toe Strut

Last wall faces 9.00 DANCE UP TO COUNTS 24  
THEN STEP, ½ PIVOT TO FACE FRONT WALL

I have made some fun walls on different walls to use lots of actions and arm movements

Begin Again

Watch The Video On Annemaree Sleeth Youtube  
Email- [Inlinedancing@Gmail.Com](mailto:Inlinedancing@Gmail.Com)

Last Update: 8 Sep 2023

---