

## Afterglow

Choreographed by Lois Lightfoot

Description: 40 count, partner dance

Music: Afterglow by the Bellamy Brothers [Redneck Girls Forever]; Or Any Slow Flowing Cha-cha

Position: Side By Side Position

### **WALK FORWARD, SHUFFLE FORWARD, CROSS ROCK, SHUFFLE ¼**

1-2 Step forward onto right foot, step forward on left foot

3&4 Step right foot forward, step left ext to right, step right foot forward

5-6 Cross rock left over right foot, recover weight onto right foot

*Dropping left hands & bring right hands over lady's heads*

7&8 Step left foot back making a ¼ turn to left, step right to left, step left to side

### **CROSS ROCK, SHUFFLE ¼, WALK FORWARD, SHUFFLE FORWARD**

9-10 Cross rock right over left foot, recover weight onto left foot

*Bring right hands over lady's head as you turn, then rejoin into side by side*

11&12 Step right to side making a ¼ turn to right, step left next to right, step right forward

13-14 Step forward on left foot, step forward on right foot

15&16 Step left forward, step right next to left, step left forward

### **CROSS ROCK SHUFFLE ¼, CROSS ROCK, SHUFFLE SIDE**

17-18 Cross rock right over left, recover weight onto left foot

19&20 Step right back making ¼ turn to right, step left to right, step right to side

21-22 Cross rock left over right, recover weight back onto right

23&24 Step left foot to side, step right next to left, step left next to right

### **WEAVE LEFT, TOUCH & HOLDS**

25-26 Cross right foot over left foot, step left foot to side

27-28 Cross right foot behind left foot, step left foot to side

29-30 Touch right foot forward & hold for one beat

31-32 Touch right foot to side, & hold for one beat

### **CROSS ROCKS, SHUFFLE ¼, PIVOT ½, SHUFFLE FORWARD**

33-34 Cross rock right over left, recover weight onto left foot

35&36 Step right to side making ¼ turn to right, step left to right, step right forward

*Dropping left hands bring right hands over man's & then lady's heads back onto side by side*

37-38 Step left foot forward, pivot a ½ turn to right

39&40 Step left foot forward, step right to left, step left foot forward

### **REPEAT**