

# Afterglow

Choreographer: Lois Lightfoot  
Description: 40 count, partner dance  
Music: **Afterglow** by The Bellamy Brothers  
Or Any Slow Flowing Cha-cha

*Position: Side By Side Position*

Beats / Step Description

## **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

## Smile and Begin Again