After the Fall

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Alexis (Strong) Williams (UK), Caroline Cooper (UK) & James Himsworth (UK) - October 2026

Music: After The Fall - Ziggy in tha House

THERE IS a 16 COUNT MUSIC INTRO, THEN THERE IS A 16 COUNT DANCE INTRODUCTION, THEN THE MAIN DANCE STARTS ON THE HEAVY BEAT. SEE YOUTUBE FOR DANCE DEMO.

SIDE BACK ROCK, SIDE BACK ROCK, STEP, STEP ½ STEP , ½ ½

1-2&	STEP RIGHT TO RIGHT SIDE, ROCK LEFT BEHIND RIGHT, RECOVER WEIGHT RIGHT
3-4&	STEP LEFT TO LEFT SIDE, ROCK RIGHT BEHIND LEFT, RECOVER WEIGHT LEFT
5	STEP FORWARD RIGHT
6&7	STEP FORWARD LEFT, ½ TURN RIGHT STEPPING FORWARD RIGHT, STEP FORWARD LEFT
8&	½ TURN STEPPING BACK RIGHT, ½ TURN STEPPING FORWARD LEFT (6)

SIDE BACK ROCK, SIDE BACK ROCK, STEP, STEP ½ STEP, ½ ½

1-2&	STEP RIGHT TO RIGHT SIDE, ROCK LEFT BEHIND RIGHT, RECOVER WEIGHT RIGHT
3-4&	STEP LEFT TO LEFT SIDE, ROCK RIGHT BEHIND LEFT, RECOVER WEIGHT LEFT
5	STEP FORWARD RIGHT
6&7	STEP FORWARD LEFT, ½ TURN RIGHT STEPPING FORWARD RIGHT, STEP FORWARD LEFT
8&	½ TURN STEPPING BACK RIGHT, ½ TURN STEPPING FORWARD LEFT (12)

MAIN DANCE STARTS FACING 12 O'CLOCK

STEP LOCK, SHUFFLE FORWARD, STEP LOCK, SHUFFLE FORWARD

1-2	STEP RIGHT TO RIGHT DIAGONAL, LOCK LEFT BEHIND RIGHT POP RIGHT KNEE FORWARD
3&4	STEP RIGHT FORWARD TO RIGHT DIAGONAL, CLOSE LEFT NEXT TO RIGHT STEP FORWARD RIGHT
5-6	STEP LEFT TO LEFT DIAGONAL, LOCKING RIGHT BEHIND LEFT POP LEFT KNEE FORWARD
7&8	STEP LEFT FORWARD TO LEFT DIAGONAL, CLOSE RIGHT NEXT TO LEFT, STEP FORWARD LEFT

ROCK FORWARD, RECOVER, SHUFFLE ¾ TURN RIGHT, SWAY LEFT & RIGHT, CHASSE LEFT

1-2	ROCK RIGHT FORWARD, RECOVER WEIGHT LEFT
3&4	SHUFFLE ¾ TURN RIGHT (RLR)
5-6	SWAY LEFT & RIGHT
7&8	STEP LEFT TO LEFT SIDE, CLOSE RIGHT NEXT TO LEFT, STEP LEFT TO LEFT SIDE

CROSS SIDE SAILOR HEEL, CROSS SIDE SAILOR HEEL

1-2	CROSS RIGHT OVER LEFT, STEP LEFT TO LEFT SIDE
3&4	CROSS RIGHT BEHIND LEFT, STEP LEFT TO LEFT SIDE, TAP RIGHT HEEL TO RIGHT DIAGONAL
&5-6	STEP RIGHT NEXT TO LEFT, CROSS LEFT OVER RIGHT, STEP RIGHT TO RIGHT SIDE
7&8&	STEP LEFT BACK, STEP RIGHT TO RIGHT SIDE, TAP LEFT HEEL TO LEFT DIAGONAL, CLOSE LEFT NEXT TO RIGHT

CROSS, ¼ TURN, ¼ TURN, STOMP, CHASSE, BACK ROCK

1-2	CROSS RIGHT OVER LEFT, ¼ TURN RIGHT STEPPING BACK LEFT

3-4	¼ TURN OVER RIGHT, STEPPING RIGHT TO RIGHT SIDE, STOMP LEFT NEXT TO RIGHT
5&6	STEP LEFT TO LEFT SIDE, CLOSE RIGHT NEXT TO LEFT, STEP LEFT TO LEFT SIDE
7-8	ROCK BACK RIGHT, RECOVER WEIGHT LEFT

TAG 1: RIGHT ROCKING CHAIR END OF WALL 6 FACING 6 O'CLOCK

1-2	ROCK RIGHT FORWARD, RECOVER WEIGHT LEFT
3-4	ROCK RIGHT BACK, RECOVER WEIGHT LEFT

CONTACT DETAILS:- ALEXIS, CAROLINE & JAMES VIA FACEBOOK MESSENGER
