AFTER THE DISCO

Choreographers: Bob and Mary Townsend-Manning
1238 Sunrise Cir, Washington, UT 84780
(435) 773-8930, townsendmanning@yahoo.com

Record: After the Disco  Artist: Broken Bells
Album: After the Disco  (itunes)

Footwork: Opposite, except where noted
Rhythm/Level: Merengue V + 1(Snake) +1U (Circle Walk Right)  Released February 2014

Sequence: Intro A B C Intld Amod B C End 3:39 @ 45 rpm

INTRODUCTION

1---4  {ARM SLIDE POSITION} WAIT 2 MEAS;; ARM SLIDE;;
   1-2 In arm slide position wait 2 meas;;
   3-4 Bk L, bk R, bk L, bk R (W bk R, bk L, bk R, bk L); Fwd L, fwd R, fwd L, fwd R (W fwd R, fwd L, fwd R, fwd L);

5---8  CONGA WKS L AND R;; CONGA WKS FWD AND BK {BFLY WALL};;
   5-6 Sd L, XRIF, sd L, tap R; Sd R, XLIF, sd R, tap L;
   7-8 Fwd L, fwd R, fwd L, tap R; Bk R, bk L, bk R, tap L;

PART A

1---6  BASIC; ROLL; SD SEPARATION;;;
   1-2 Sd L, cl R, sd L, cl R; Sd and fwd L trng ½ LF, sd and bk R trng ½ LF, sd L, cl R;
   3-4 Sd L, cl R, sd L, tch R (W sd R, cl L, sd R, cl L); Sd R, cl L, sd R, tch L (W sd R, cl L, sd R, tch L) to a L-hand star;
   5-6 Sd L, cl R, sd L, cl R (W sd L, cl R, sd L, cl R); Sd L, cl R, sd L, cl R (W sd L, cl L, sd R, tch R) to a R-hand star;

7---10  CIRCLE WK R {CP WALL};; BASIC; ROLL {SCP LOD};
   7-8 Fwd L, fwd R, fwd L, fwd R; Fwd L, fwd R, sd and fwd L, cl R (W fwd R, fwd L comm LF trn under joined R hands, bk R comp LF trn, cl L) to CP WALL;
   9-10 Repeat meas 1-2 of Part A to SCP LOD;;

11—14  PROMENADE TURNAWAY;; CONTINUOUS NEW YORKERS {SCP LOD};;
   11-12 Fwd L, fwd R comm RF trn, sd L comp ¼ RF trn to fc ptr, rec R trng ¼ RF to LOP RLOD; Fwd L trng ¼ to bk to bk, rec R trng ¼ RF to LOP LOD, sd L trng ¼ RF to fc ptr, cl R;
   13-14 Swvl thru L, rec swvl R to fc, sd L, swvl thru R; rec swvl L to fc, sd L, cl R to SCP LOD;
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PART B

1-4 PROMENADE TWICE;; RK BK REC TO PROMENADE SWIVEL 6;;
1-2 Fwd L, thru R, sd L, cl R; Fwd L, thru R, sd L, cl R;
3-4 Rk bk L, rec R to SCP, swvl sd L to CP, swvl fwd R to SCP; Swvl sd L to CP, swvl fwd R to SCP, swvl sd L to CP, cl R;

5-7 CONTINUOUS CUCARACHA X’S;; BREAK TO TANDEM LOD;
5-6 Sd L, rec R, XLIF, sd R; Rec L, XRIF, sd L, cl R;
7 Swvl bk L, rec R, leading W to TAND LOD small fwd L, small fwd R (W swvl bk R, rec L, fwd R, fwd L) to TAND LOD;

8-10 CONTINUOUS CUCARACHA X’S {OP LOD};; MR WHISK TO BFLY WALL;
8-9 Repeat meas 5-6 of Part B to OP LOD;;
10 XLIF, rec R, sd L trng ¼ RF to fc ptr, cl R to BFLY WALL;

PART C

1-4 BACK TO BACK {BFLY WALL};;;;
1-2 With ld hands high sip L comm LF trn, sip R cont LF trn, sip L cont LF trn, sip R comp LF trn to bk to bk; Sd L, cl R, sd L, cl R;
3-4 With tr hands high sip L comm LF trn, sip R cont LF trn, sip L cont LF trn, sip R comp LF trn to fc ptr; Sd L, cl R, sd L, cl R to BFLY WALL;

5-8 SNAKE {BFLY WALL};;;; BASIC;
5-7 Raising ld hands sip L comm ¾ LF trn under ld hands, sip R cont trn, sip L cont trn, sip R comp trn (W sip R, sip L, sip R comm ¼ RF trn under ld hands, sip L comp trn) to M’s L Hammerlock; Raising ld hands sip L comm ¼ RF trn under ld hands, sip R comp trn to bk to bk hands low, raising tr hands sip L comm ¼ RF trn under tr hands, sip R comp trn (W sip R comm ¼ RF trn under ld hands, sip L comp trn, sip R comm ¼ RF trn under tr hands, sip L comp trn) to M's Hammerlock; Raising tr hands sip L comm ¾ LF trn under tr hands, sip R cont trn, sip L cont trn, sip R comp trn (W sip R, sip L, sip R comm ¼ RF trn under tr hands, sip L comp trn) to BFLY WALL;
8 Repeat meas 1 of Part A;

INTERLUDE

1-4 GLIDE TWICE;; ARM SLIDE;;
1 Sd L/cl R, sd L/cl R, sd L, cl R;
2 Repeat meas 1 of Interlude;
3-4 Repeat meas 3-4 of Intro;;

5-8 CONGA WKS L AND R;; CONGA WKS FWD AND BK;;
5-8 Repeat meas 5-8 of Intro;;
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PART A MODIFIED

1---4 STOP AND GO; OPEN BREAK TO A MAN’S WRAP AND UNWIND:;
1-2 Rk apt L, rec R, fwd L, fwd R ckg (W rk apt R, rec L, fwd R trng ½ LF under
joined ld hands, bk L ckg); Rec L, bk R, sd L, cl R (W rec R trng ½ RF under
joined ld hands, bk L, sd R, cl L);
3-4 Rk bk L, rec R, raising tr arm straight up fwd L, sd and bk R (W Rk bk R, rec
L, fwd R comm circ around M, fwd L cont circ); Bk L, hook R, unwind, unwind
taking weight on R (W fwd R, fwd L, fwd R, sd L to fc M);

5—18 BASIC; ROLL; SD SEPARATION;;;; CIRCLE WK R;; BASIC; ROLL
{SCP LOD}; PROMENADE TURNAWAY;; CONTINUOUS NEW
YORKERS {SCP LOD};;
5-18 Repeat meas 1-14 of Part A;;;;

REPEAT PART B

REPEAT PART C

ENDING

1---4 WRAP AROUND {BFLY WALL};;;;
1-4 With both hands joined throughout rk apt L, rec R, fwd wheel L, fwd whl R
(W rk apt R, rec L, fwd R trng 1/8 LF under joined ld hands to wrap, sm bk L) to
DRC; Fwd whl L, fwd whl R, fwd whl L, fwd whl R (W bk whl R, bk whl L, bk
whl R, bk whl L) to DRC; Fwd whl L, fwd whl R, fwd whl L, sip R (W comm
trng 1+7/8 RF sip R, cont trng sip L, cont trng sip R, comp trng sip L) bringing
hands down to HAMMERLOCK LOD; Rk apt L, rec R trng ¾ RF raising ld
hands, sip L, sip R (W rk apt R, rec L comm ¾ LF trn under ld hands, cont trng
sip R, comp trng sip L) to BFLY WALL;

5---8 GLIDE TWICE;;;; ARM SLIDE;;;;
5-6 Repeat meas 1-2 of Interlude;;
7-8 Repeat meas 3-4 of Intro;;

9--12 CONGA WKS L AND R;; CONGA WKS FWD AND BK;;;
9-12 Repeat meas 5-8 of Intro;;;;

13--17 BASIC; STOP AND GO;; OPEN BREAK TO A MAN’S WRAP AND
UNWIND;;;;
13 Repeat meas 1 of Part A;
14-15 Repeat meas 1-2 of Part A Mod;;
16-17 Repeat meas 3-4 of Part A Mod;;

18-20+ BASIC; PT STPS 4;; AND PT,
18 Repeat meas 1 of Part A;
19-20+ Pt L, stp L, pt R, stp R; Pt L, stp L, pt R, stp R; Pt L,