



After the Fall

32 Count 4 Wall Improver Level Dance.

Choreographed by: Alexis Williams (UK), Caroline Cooper (UK)
& James Himsworth (UK) Oct 2026

Choreographed to: After the Fall by Ziggy In Tha House

Intro: 16 Counts. Start at approx 10 secs.

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Intro

SEC 1 SIDE, BACK ROCK, SIDE, BACK ROCK, STEP, STEP, ½ PIVOT, STEP, FULL TURN

- 1-2& Step right to right side, rock left behind right, recover to right
3-4& Step left to left side, rock right behind left, recover to left
5 Step forward right
6&7 Step forward left, ½ turn right stepping forward right, step forward left (6:00)
8& ½ Turn left stepping back right, ½ turn left stepping forward left (6:00)

SEC 2 SIDE, BACK ROCK, SIDE, BACK ROCK, STEP, STEP, ½ PIVOT, STEP, FULL TURN

- 1-2& Step right to right side, rock left behind right, recover to right
3-4& Step left to left side, rock right behind left, recover to left
5 Step forward right
6&7 Step forward left, ½ turn right stepping forward right, step forward left (12:00)
8& ½ Turn left stepping back right, ½ turn left stepping forward left (12:00)

Main Dance

SEC 1 STEP LOCK, SHUFFLE FORWARD, STEP LOCK, SHUFFLE FORWARD

- 1-2 Step right to right diagonal, lock left behind right popping 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 popping left knee forward
7&8 Step left forward to left diagonal, close right next to left, step forward left

SEC 2 ROCK, SHUFFLE ¾, SWAY, SWAY, CHASSE

- 1-2 Rock right forward, recover weight left
3&4 Turn ¼ right step forward right, turn ¼ right close left next to right, turn ¼ right step forward right (9:00)
5-6 Step left to left swaying left, sway right
7&8 Step left to left side, close right next to left, step left to left side

SEC 3 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

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SEC 4 CROSS, ¼ TURN, ¼ TURN, STOMP, CHASSE, BACK ROCK

- 1-2 Cross right over left, ¼ turn right stepping back left (12:00)
- 3-4 ¼ Turn right stepping right to right side, stomp left next to right keeping weight on right (3:00)
- 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 At the end of Wall 6

ROCKING CHAIR

- 1-2 Rock right forward, recover to left
- 3-4 Rock right back, recover to left



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