

AFTER THE DISCO

Choreographers: Bob and Mary Townsend-Manning
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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 R, sd L, 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 XLIB, 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 ¼ 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,