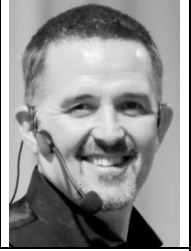


Lack of Afro

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Type of dance: 32 counts, 4 walls, (easy) intermediate
 Music: **Take it up a notch** by Lack of Afro feat. Wax & Herbal T. Single version. 105 bpm. Track length: 3:25. Buy on iTunes etc.
 Intro: 48 counts from beginning of track. App. 27 secs. into track. Start with weight on L foot
 1 tag: After wall 7, facing 9:00. See Tag description at the bottom of the step sheet
 Ending: You naturally end facing 12:00 when doing your last chug turn 😊

Counts	Footwork	End facing
1 – 8	R&L kick cross side rock, cross side, swivels heels-toes-heels	
1&2&	Kick R fwd (1), cross R slightly over L (&), rock L to L side (2), recover on R (&)	12:00
3&4&	Kick L fwd (3), cross L slightly over R (&), rock R to R side (4), recover on L (&)	12:00
5 – 6	Cross R over L (5), step L to L side (6)	12:00
7&8	Swivel heels to L side (7), swivel toes to L side (&), swivel heels to L side (8)	12:00
9 – 16	Swivel heels-toe-heels ¼ L with L hitch, L shuffle fwd, step ½ L, full turn L	
1&2	Swivel heels to R side (1), swivel toes to R side (&), swivels heels R turning ¼ L hitching L knee (2) ... <i>Styling: lean backwards on count 2 (particularly during the chorus hitting 'UP' in the lyrics)</i>	9:00
3&4	Step L fwd (3), step R behind L (&), step L fwd (4)	9:00
5 – 8	Step R fwd (5), turn ½ L stepping L fwd (6), turn ½ L stepping R back (7), turn ½ L stepping L fwd (8)	3:00
17 – 24	R side rock cross, L side rock ¼ R, V step with L	
1&2	Rock R to R side (1), recover on L (&), cross R over L (2)	3:00
3 – 4	Rock L to L side (3), turn ¼ R when recovering onto R (4)	6:00
5 – 8	Step L diagonally fwd L (5), step R diagonally fwd R (6), step L back to centre (7), step back on R (8)	6:00
25 – 32	L coaster step, walk R L with ¼ L fwd, backwards chug steps turning full turn R	
1&2	Step back on L (1), step R next to L (&), step fwd on L (2)	6:00
3 – 4	Walk R fwd turning 1/8 L (3), walk L fwd turning 1/8 L (4)	3:00
5&6&	Press R to R side (5), recover on L (&), press R to R side (6), recover on L turning 1/3 R (&)	7:30
7&8&	Press R to R side (7), recover on L turning 1/3 R (&), press R to R side (8), recover on L turning 1/3 R (&) ... <i>Styling for the 4 chug steps: add your energy into the press steps, not the recover steps. That makes the chug steps less jerky/syncopated to watch 😊</i>	3:00
Start Again and... get funky!		

Tag	<i>After wall 7 (which starts facing 6:00). The tag starts facing 9:00. When finishing wall 7 make sure to end up with body slightly opened up towards R diagonal ... 😊</i>	
1 – 8	Behind point X 4 travelling backwards (with bent knees)	
1 – 4	Cross R behind L (1), point L to L side (2), cross L behind R (3), point R to R side (4)	9:00
5 – 8	Cross R behind L (5), point L to L side (6), cross L behind R (7), point R to R side (8)	9:00
9 – 16	Walk RL, R kick out out, reverse chug ¾ R	
1 – 2	Walk R fwd (1), walk L fwd (2)	9:00
3&4	Kick R fwd (3), step R small step out to R side (&), step L a small step out to L side (4)	9:00
&5&6	Turn ¼ R on L (&), press R to R side (5), recover on L turning ¼ R (&), press R to R side (6)	3:00
&7&8&	Recover on L turning 1/8 R (&), press R to R side (7), recover on L turning 1/8 R (&), press R to R side (8), recover on L (&)	6:00