



The Morning After

Count: 16 - Wall: 4 - Level: Absolute Beginner - **No Tags/No Restarts**
Choreo: Gary O'Reilly (IRE) & Maggie Gallagher (UK) - November 2022
Music: The Morning After - Nathan Carter

Intro: **32 count**

Sec.1: R HEEL STRUT, L HEEL STRUT, FORWARD ROCK, BACK, L TOE STRUT, R TOE STRUT, L COASTER STEP

1&2& R heel forward (1), drop R toes (&), L heel forward (2), drop L toes (&)
3 & 4 Rock forward on R (3), recover on L (&), step back on R (4)
5&6& L toe back (5), drop L heel (&), R toe back (6), drop R heel (&)
7 & 8 Step back on L (7), step R next to L (&), step forward on L (8)

Section 2: R JAZZBOX 1/4 R, TWIST HEELS TOES HEELS CLAP, TWIST HEELS TOES HEELS CLAP

1 2 Cross R over L (1), step back on L (2)
3 4 1/4 R stepping R to R side (3), step L next to R (4) **(3:00)**
5&6& Twist both heels L (5), twist both toes L (&),
twist both heels L (6), CLAP (&)
7&8& Twist both heels R (7), twist both toes R (&),
twist both heels R (8), CLAP (&)

ENDING: At the end of Wall 13 – (3:00)
have some fun swinging R up and step to right 3/4 around 12:00
and arm to finish with fun air guitar.

Quelle: <https://www.copperknob.co.uk>

25.11.2022