

The Morning After

Choreographer: Ann-Jeanett Ramsvatn & Anette Haslund

Level: Improver

Count: 48

Wall: 4

Intro: start the dance on the word "It's"

Music: "The Morning After" by Nathan Carter



www.country-stafke.be

STEP, TAP, BACK, KICK, COASTER, X 2

1&2& Step R forward, tap L behind R, step L back, kick R forward
3&4 Step R back, step L beside R, step R forward
5&6& Step L forward, tap R behind L, step R back, kick L forward
7&8 Step L back, step R beside L, step L forward

SHUFFLE FORWARD R & L, STEP ½ TURN STEP, KICK BALL TOUCH

1&2 Step R forward, step L beside R, step R forward
3&4 Step L forward, step R beside L, step L forward
5&6 Step R forward, ½ turn L, step R forward
7&8 Kick L forward, step L beside R, touch R beside L * Restart wall 4

SUGAR FOOT R & L, SIDE MAMBO R & L

1&2 Touch R toe to L instep, touch R heel to L instep, stomp R in place
3&4 Touch L toe to R instep, touch L heel to R instep, stomp L in place
5&6 Rock R to R side, recover weight to L, step R beside L
7&8 Rock L to L side, recover weight to R, step L beside R

R MAMBO STEP, KICK, BACK, KICK, BACK, KICK, COASTER STEP, SCUFF, STEP ¼ TURN L

1&2& Rock R forward, recover on L, step R back, kick L (clap)
3&4& Step L Back, kick R (clap), step R Back, kick L (clap)
5&6& Step L back, step R beside L, step L forward, R scuff
7-8 Step R forward, make a ¼ turn L (weight on L) * Restart wall 1

R CROSS ROCK SIDE, L CROSS ROCK SIDE, R CROSS ROCK, SIDE ROCK, SAILOR STEP

1&2 Cross Rock R over L, step R to R side
3&4 Cross Rock L over R, step L to L side
5&6& Cross Rock R over L, rock R to R side, recover on L
7&8 Step R behind L, step L to L side, step R to R side

L SAILOR ¼ TURN, SCUFF, STEP, SCUFF, STEP, SCUFF, R JAZZBOX ¼ TURN

1&2& Step L behind R making ¼ turn L, step R to R side, step L forward, scuff R
3&4& Step R forward, scuff L, step L forward, scuff R
5-8 Cross R over L, step back on L, make a ¼ turn R stepping R forward, step L slightly forward

Repeat

Restart on wall 1 after 32 counts and on wall 4 after 16 counts

Ending: To end facing 12:00 do a Jazzboxx 1/4 R & Freestyleeeee! ;-)

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