

The Morning After

Choreographer : Gary O'Reilly & Maggie Gallagher

Type of dance : 4 Wall

Level : Absolute Beginner

Counts : 16

Intro : 32 counts

Music : The Morning After – by Nathan Carter



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No Tags/No Restarts

Section 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 ¼ 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 ¼ 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 (&)

Start Again

ENDING: At the end of Wall 13 have some fun swinging R up and around arm to finish with fun air guitar.

Contact:

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