

The Morning After

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Count: 16

Wall: 4

Level: Absolute Beginner

Choreographer: Gary O'Reilly (IRE) & Maggie Gallagher (UK) - November 2022

Music: - Nathan Carter

Music Available from iTunes, Amazon & Spotify

#32 count intro - 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 have some fun swinging R up and around arm to finish with fun air guitar.

Contact:

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