

THE MORNING AFTER

Count: 16. **Wall:** 4. **Level:** Absolute Beginner

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

Music: **The Morning After** by Nathan Carter. Album: The Morning After

INTRO: 32 count - No Tags/No Restarts

HEEL STRUT, HEEL STRUT, MAMBO, BACK STRUT, BACK STRUT, COASTER BACK

1&2& Touch R heel forward, Drop toes to floor, Touch L heel forward, Drop toes to floor

3&4 Rock R forward, Recover onto L, Step R back

5&6& Touch L toe back, Drop heel to floor, Touch R toe back, Drop heel to floor

7&8 Step L back, Step R beside L, Step L forward

JAZZBOX 1/4 RIGHT, TOGETHER, TWIST HEELS, TOES, HEELS, CLAP,

TWIST HEELS, TOES, HEELS, CLAP

1-4 Cross R over L, Step L back, Turn ¼ right step R to right, Step L beside R

5&6& Twist heels left, Twist toes left, Twist heels left, Clap

7&8& Twist heels right, Twist toes right, Twist heels right, Clap **[3:00]**

16 REPEAT

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