

# My Morning After

**COPPER** **KNOB**  
BY STEPHENETS

Count: 32

Wand: 4

Ebene: Easy Improver

Choreograf/in: Sylvie CARNOY (FR) & Jérémy Souppart (FR) - 12 October 2022

Musik: The Morning After - Nathan Carter



**#1 intro - 1 restart on the 2nd wall after 16 counts – 1 final - Rhythm : Two Step**  
**Depart if intro after the guitar stroke, whitout intro : 2 x 8 counts**

**#32 counts Dance Intro**

**SECTION 1 - CIRCLE : (WALK R 1/8 TURN R, WALK L 1/8 TURN R, TRIPLE STEP ¼ TURN R) x2**

- 1-2 pivot 1/8 turn to the right by stepping the RF, pivot 1/8 turn to the right by stepping the LF 3:00
- 2&3 start the ¼ turn to the right stepping RF, LF next to RF, finish the ¼ turn to the right stepping RF 6:00
- 5-6 pivot 1/8 turn to the right by stepping the LF, pivot 1/8 turn to the right by stepping the RF 9:00
- 7&8 start the ¼ turn to the right stepping LF, RF next to LF, finish the ¼ turn to the right stepping LF 12:00

**SECTION 2 - CIRCLE : (WALK R 1/8 TURN L, WALK L 1/8 TURN L, TRIPLE STEP ¼ TURN L) x2**

- 1-2 pivot 1/8 turn to the left by stepping the RF, pivot 1/8 turn to the left by stepping the LF 9:00
- 2&3 start the ¼ turn to the left stepping RF, LF next to RF, finish the ¼ turn to the left stepping RF 6:00
- 5-6 pivot 1/8 turn to the left by stepping the LF, pivot 1/8 turn to the left by stepping the RF 3:00
- 7&8 start the ¼ turn to the left stepping LF, RF next to LF, finish the ¼ turn to the left stepping LF 12:00

**SECTION 3 - R MAMBO FORWARD, L COASTER STEP BACKWARD, R TRIPLE STEP FORWARD, STEP TURN R, L STEP**

- 1&2 step RF forward, recover on LF (weight on the LF), step RF back
- 3&4 step LF back, RF next to LF, step LF forward
- 5&6 triple step fwd : step RF forward, LF next to RF, step RF forward
- 7&8 step LF forward, pivot ½ turn to the right, step LF forward 6:00

**SECTION 4 - R MAMBO FORWARD, L COASTER STEP BACKWARD, R TRIPLE STEP FORWARD, STEP TURN R, L STEP**

- 1&2 step RF forward, recover on LF (weight on the LF), step RF back
- 3&4 step LF back, RF next to LF, step LF forward
- 5&6 triple step fwd : step RF forward, LF next to RF, step RF forward
- 7&8 step LF forward, pivot ½ turn to the right, step LF forward 12:00

**THE MAIN DANCE :**

**SECTION 1 - R HEEL STRUT, L STOMP FORWARD, RUN or STOMP x3 (R, L, R), L STEP FORWARD, R TAP POINT BEHIND LF, R STEP BACKWARD, L TRIPLE STEP BACKWARD**

- 1&2 touch right heel forward, drop right toe, stomp LF forward
- 3&4 3 quick steps fwd or 3 quick stomp fwd : step RF forward, step LF forward, step RF forward
- 5&6 step LF forward, TAP right toe behind left heel (option put left hand on the hat), step RF back
- 7&8 triple step back : step LF back, RF next to LF, step LF back

**SECTION 2 - R STEP BACKWARD, ¼ TURN L WITH R HITCH, ¼ TURN L WITH L HITCH, R TRIPLE STEP FORWARD, L STEP ¼ TURN R, CROSS TRIPLE STEP, SIDE, TOUCH**

- 1&2& step RF back, pivot ¼ turn to the left on the RF and hitch left (9:00), pivot ¼ turn on the left step LF forward and hitch right 6:00
- 3&4 triple step fwd : step RF forward, LF next to RF, step RF forward

- 5& step LF forward, pivot ¼ turn to the right 9:00  
6&7&8 cross LF forward RF (6), step RF to right side (&), cross LF forward RF (7), step RF to right side (&), touch left point next to RF (8) \*

**\* Restart on the 2nd wall (facing 12:00)**

### **SECTION 3 - RUMBA, SIDE TRIPLE STEP, BEHIND, SIDE, CROSS**

- 1&2 step LF to left side, RF next to LF, step LF forward  
3&4 step RF to right side, LF next to RF, step RF back  
5&6 triple step to the left side : step LF to left side, RF next to LF, step LF to left side  
7&8 cross RF behind LF, step LF to left side, cross RF forward LF

### **SECTION 4 - ¼ TURN LEFT L TRIPLE STEP FORWARD, ¼ TURN RIGHT R TRIPLE STEP FORWARD, L MAMBO ½ TURN L, R STEP, CLAP, L STEP, CLAP**

- 1&2 pivot ¼ turn to the left & triple step : step LF forward, RF next to LF, step LF forward 6:00  
3&4 pivot ¼ turn to the right & triple step : step RF forward, LF next to RF, step RF forward 9:00  
5&6 mambo ½ turn : step LF fwd, recover on RF (weight on RF), pivot ½ turn to the left step LF fwd - 3:00  
7&8& avancer PD, frapper dans vos mains, avancer PG, frapper dans vos mains \*\*

**\*\* Final**

**\*RESTART : on the 2nd wall, we start it facing 3:00, on the 2nd section after 15 counts facing 12:00, small step change : after CROSS TRIPLE STEP make TOUCH instead of : SIDE, TOUCH, and start the dance from the beginning :**

- 7&8 step RF to right side, cross LF fwd RF, TOUCH point right next to LF, and start the dance from the beginning

**\*\*FINAL : at the end of the 7th wall, we start it facing 12:00, we finish it facing 3:00, follow the tempo of the music as it slows down and add the following steps : ¼ TURN L, SIDE ROCK STEP, CROSS**

- 1-2 pivoter ¼ turn to the left, step RF to right side, recover on LF (weight on LF)  
3 cross RF forward LF

**Good luck , good dance !**

**RF : right foot - LF : left foot - R : right - L : left**

**Contact :**

**leacountrydance@gmail.com**

**<https://www.facebook.com/lea.country.dance>**

**<https://www.leacountrydance.fr/>**

**<https://www.youtube.com/channel/UC4AkjfN85X6WbYKOg2XWkrA>**

**Last Update: 6 Nov 2022**

---