

# Sunday Morning After (aka The Jay)

**COPPER**KNOB  
BY STEPHENETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Cathy Montgomery (CAN) - June 2007

Music: Sunday Morning After - Amanda Marshall



## ROCK SIDE RECOVER CROSS, ROCK SIDE RECOVER CROSS, TOE ¼ TURN KICK BALL POINT

- 1&2 Rock right foot to side, recover onto left foot, cross step right foot over left  
3&4 Rock left foot to side, recover onto right foot, cross step left foot over right  
5-6 Touch right toe to side, turn ¼ right and touch right toe to side  
7&8 Kick right foot forward, step right foot beside left foot, touch left foot to side

## KICK BALL TOUCH, KICK BALL TOUCH, ROCK RECOVER, LEFT SAILOR SHUFFLE

- 1&2 Kick left foot forward, step left foot beside right foot, touch right foot to side  
3&4 Kick right foot forward, quick step down onto the right foot, and point your left foot to the left side  
5&6 Rock left foot across right, recover onto right foot, touch left toe to side  
7&8 Left sailor shuffle

## SAILOR RIGHT, STEP FORWARD ½ TURN, SHUFFLE FORWARD LEFT, AND RIGHT

- 1&2 Right sailor shuffle  
3-4 Step left foot forward, turn ½ right (weight to right)  
5&6 Shuffle forward stepping left, right, left  
7&8 Shuffle forward stepping right, left, right

## ROLL LEFT KNEE, ROLL RIGHT KNEE, STEP OUT LEFT, RIGHT, LEFT COASTER STEP

- 1-2 Touch left toe diagonally forward, step left foot in place  
3-4 Touch right toe diagonally forward, step right foot in place  
*On these toe struts, roll your left knee from left to right, then your right knee from right to left. Put some hip action into the roll*  
5-6 Step left foot diagonally left, step right foot diagonally right  
7&8 Left coaster step

## REPEAT

## TAG

After the 2nd wall, you repeat the first 4 counts of the dance

On the 4th wall, after the first 16 counts of the dance, begin the dance again

After the 6th wall you repeat the first 4 counts of the dance

[EMail](#)