

# The Morning After

Compte: 48

Mur: 4

Niveau: Improver

Chorégraphe: Ann-Jeanett Ramsvatn (DK) & Annette Haslund (DK) - October 2022

Musique: The Morning After - Nathan Carter : (Single - iTunes)



**Note: See also our little split floor dance "It's The Morning After"**

**Intro (0 count, he makes one stroke on the guitar, start the dance on the word 'it's')**

## STEP, TAP, BACK, KICK, COASTER, X 2

1&2& Step R forward, tap L behind R, step L back, kick R forward  
3&4 Step R back, step L beside R, step R forward  
5&6& Step L forward, tap R behind L, step R back, kick L forward  
7&8 Step L back, step R beside L, step L forward

## SHUFFLE FORWARD R & L, STEP ½ TURN STEP, KICK BALL TOUCH

1&2 Step R forward, step L beside R, step R forward  
3&4 Step L forward, step R beside L, step L forward  
5&6 Step R forward, ½ turn L, step R forward  
7&8 Kick L forward, step L beside R, touch R beside L \* Restart wall 4

## SUGAR FOOT R & L, SIDE MAMBO R & L

1&2 Touch R toe to L instep, touch R heel to L instep, stomp R in place  
3&4 Touch L toe to R instep, touch L heel to R instep, stomp L in place  
5&6 Rock R to R side, recover weight to L, step R beside L  
7&8 Rock L to L side, recover weight to R, step L beside R

## R MAMBO STEP, KICK, BACK, KICK, BACK, KICK, COASTER STEP, SCUFF, STEP ¼ TURN L

1&2& Rock R forward, recover on L, step R back, kick L (clap)  
3&4& Step L Back, kick R (clap), step R Back, kick L (clap)  
5&6& Step L back, step R beside L, step L forward, R scuff  
7-8 Step R forward, make a ¼ turn L (weight on L) \* Restart wall 1

## R CROSS ROCK SIDE, L CROSS ROCK SIDE, R CROSS ROCK, SIDE ROCK, SAILOR STEP

1&2 Cross Rock R over L, step R to R side  
3&4 Cross Rock L over R, step L to L side  
5&6& Cross Rock R over L, rock R to R side, recover on L  
7&8 Step R behind L, step L to L side, step R to R side

## L SAILOR ¼ TURN, SCUFF, STEP, SCUFF, STEP, SCUFF, R JAZZBOX ¼ TURN

1&2& Step L behind R making ¼ turn L, step R to R side, step L forward, scuff R  
3&4& Step R forward, scuff L, step L forward, scuff R  
5-8 Cross R over L, step back on L, make a ¼ turn R stepping R forward, step L slightly forward

**Restart on wall 1 after 32 counts and on wall 4 after 16 counts**

**Ending: To end facing 12:00 do a Jazzboxx 1/4 R & Freestyleeeee! ;-)**

**DANCE AND ENJOY**

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