

# Morning After Contra

**COPPER** **KNOB**  
BY SHEETS

**Compte:** 32

**Mur:** 2

**Niveau:** Absolute Beginner



**Chorégraphe:** Helaine Norman (USA) - November 2022

**Musique:** The Morning After - Nathan Carter

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**Intro: 32 - No tags or restarts**

## **I. WALK FORWARD X4**

1-8 Walk R forward, hold, walk L forward hold, walk R forward hold, walk L forward hold

**Optional steps: Heel struts forward and toe struts back**

## **II. WALK BACK X4**

1-8 Walk R back, hold, walk L back, hold, walk R back, hold, walk L back, hold

**Optional steps: Toe struts back**

## **III. STEP FIRST CHARLESTON**

1-2 Step R forward, hold

3-4 Kick L, hold

5-6 Step L, hold

7-8 Touch R back, hold

## **IV. ¼ L PIVOT TURN X2**

1-2 Step R forward, hold

3-4 Step L making ¼ pivot turn left, hold 9:00

5-6 Step R forward, hold

7-8 Step L making ¼ pivot turn left, hold 6:00

**Optional steps: Make ½ L turn walking around RLRL to 6:00**

**REPEAT**

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