

# In The Morning

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Alan Haywood (UK)

Musique: In the Morning - The Coral



## RIGHT SHUFFLE, LEFT SHUFFLE, SWITCH RIGHT AND LEFT AND STEP TOUCH

- 1&2 Step right forward, close left, step right forward  
3&4 Step left forward, close right, step left forward  
5&6 Touch right to right side, step right next to left, touch left to left side  
&7-8 Step left next to right, step right forward, touch left next to right

**Restart here on wall 4 add '&' beat to take weight back onto left**

## TRIPLE HALF RIGHT, ROCK BACK, RECOVER, KICK BALL STEP TWICE

- 1&2 Make triple  $\frac{1}{2}$  turn right, stepping left right left  
3-4 Rock back onto right, recover weight forward onto left  
5&6 Kick right forward, step right next to left, step left forward  
7&8 Kick right forward, step right next to left, step left forward

## SIDE HOLD & SIDE HOLD, ROLL FULL TURN LEFT, SIDE SHUFFLE

- 1&2 Step right to right side, hold  
&3-4 Step left next to right, step right to right side, hold  
**On counts 1&2 &3-4, side holds can be done as snake/body rolls for styling**  
5-6 Step left  $\frac{1}{4}$  left, make  $\frac{1}{2}$  turn left stepping right back  
7&8 Step left  $\frac{1}{4}$  left, step right next to left, step left to left side

**Easy option:**

- 5-6-7&8 Left side, right next to left, left side shuffle

## HEEL JACKS, RIGHT TOE STRUT $\frac{1}{2}$ TURN LEFT, LEFT TOE STRUT $\frac{1}{4}$ TURN LEFT

- 1&2 Cross step right over left, step left to left side, touch right heel diagonally forward  
&3 Step right next to left, cross step left over right.  
&4 Step right to right side, touch left heel diagonally forward  
&5-6 Step left next to right, touch right toe forward, make a  $\frac{1}{2}$  left dropping right heel  
7-8 Touch left toe  $\frac{1}{4}$  left, drop left heel

**REPEAT**

**RESTART**

**On wall 4, after count 8, transfer the weight onto left to enable you to restart the dance with the right shuffle forward**