The Morning After

拍数: 48 **墙数:** 4 **级数:** Improver

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

音乐: 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 sligtly 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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