

The Morning After

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Rafel Corbí (ES) - October 2022
音乐: The Morning After - Nathan Carter : (single)



Intro: 16 counts (Start with instrumental phrase)

RIGHT ROCKING CHAIR, RIGHT TRIPLE STEP FORWARD, CHASE 1/2 TURN RIGHT, FULL TURN FORWARD

1&2& Rock forward with R, recover onto L, rock back with R, recover forward onto L
3&4 Step forward with R, lock L behind R, step R forward
5&6 Step L forward, pivot 1/2 turn right, step L forward
7&8 Step forward Right, make 1/2 turn Left (weight forward on Left), step forward on Right 6:00

WEAVE TO LEFT, ROCK & RECOVER, MONTEREY WITH 1/4 TURN R X 2

9&10& Step L to left, step R behind L, step L to left, cross R over L
11&12 Rock L to left side, recover onto R, step L behind R
13&14& Touch R toe to right, 1/4 turn right and R beside L, touch L to left side, Left beside R 9:00
15&16& Touch R toe to right, 1/4 turn right and R beside L, touch L to left side, Left beside R 12:00

MAMBO STEPS FORWARD AND BACK, CHASE 3/4 TURN LEFT, BEHIND SIDE CROSS

17&18 Rock R forward, recover onto L, step R back
19&20 Rock L back, recover onto R, step L forward
21&22 Step R forward, 1/2 turn L, 1/4 turn L and step R to side 3:00
23&24 Step L behind R, step R to right, cross L over R

SIDE TOUCHES, BEHIND SIDE CROSS, CROSS & HEEL, STOMP & SWIVEL

25&26 Touch R toe to right, touch R beside L, touch R toe to right side
27&28 Step R behind L, step L to right, cross R over L
29&30& Cross L over R, small step R to side, touch L heel forward, L beside R
31&32 Stomp R beside L, swivel heels to right and back to center.

End at the end of 1st section of wall 8 looking 9:00 (Instead of full turn forward, do a 1 1/4 turn and finish with a long step to right side)

Thanks to Mers for the last counts.

START AGAIN