

# After The Night Before

**COPPER** KNOB  
BY STEPHEN METZ

拍数: 16      墙数: 4      级数: Absolute Beginner / Beginner  
编舞者: Noreen Wall (UK) - November 2022  
音乐: The Morning After - Nathan Carter



START ON LYRICS 23 SECONDS.

## SECTION ONE

### STEP TOUCH, STEP TOUCH ,SIDE TOGETHER, STEP, TOUCH

1&2&      step right to right side, touch left toe beside right foot, step left to left side, touch right toe beside left foot,

3&4&      step right to right side, step left foot beside right foot, step right to right side , touch left toe beside right foot.

### WALK ,WALK ,RUN,RUN,RUN TO 3 O' CLOCK WALL

5-6      walk left ,right ,making ¼ turn left to 9 0' clock wall.

7&8      run around left. left, right, left to face 3 0' clock wall.

## SECTION 2

### RIGHT DIAGONAL RIGHT LOCK STEP LEFT DIAGONAL LEFT LOCK STEP. RIGHT HITCH BACK, LEFT HITCH BACK. STOMP RIGHT, LEFT, RIGHT.

1&2 3&4      on right diagonal ,step forward right foot, cross left foot behind right foot, step forward right foot keep weight on right foot.

On left diagonal , step forward left foot, cross right foot behind left foot step forward on left foot, keep weight on left foot.

5& 6&      traveling backwards hitch right knee, step back on right foot, hitch left knee, step back on left foot.

7&8      stomp right, left, right.

Last Update - 10 Nov. 2022