

# Morning After (The Night Before)

COPPER KNOB  
STEPSHEETS

拍数: 0                      墙数: 4                      级数: Intermediate/Advanced  
编舞者: Chris Peel (UK)  
音乐: Must've Had a Ball - Alan Jackson



To dance it as a 32-count dance, use only Part B

## PART A

### RIGHT CHASSÉ, CROSS SHUFFLE, KICK-BALL CHANGE, ROCK STEP

1&2                      Side step right, step left together, side step right  
3&4                      Step left across right, side step right, step left across right  
5&6                      Kick right forward, step right in place, step left together  
7-8                      Rock right diagonally forward, rock left in place (adjust to front on next step)

### SAILOR STEP, LEFT MONTEREY ½ TURN, TOUCH-BALL CHANGE

9&10                     Swing right behind left, side step left, step right together  
11-12                    Touch left to side, twist ½ turn left on right while stepping left together  
13-14                    Touch right to side, step right together  
15&16                    Touch left to side, step left in place, step right together

### EXTENDED VINE LEFT WITH ½ TURN LEFT

17-20                    Side step left, step right behind left, side step left, \*step right across (see note above)  
21-24                    Side step left, step right behind left, step ½ turn left on left, step right together

### STOMP, HOLD, BACK-HEEL, BALL-CHANGE (TWICE)

25-26                    Stomp left to side (feet, shoulder width apart), hold  
&27&28                   Step back right, touch left heel forward, step left in place, step right together  
29-30                    Stomp left to side (feet, shoulder width apart), hold  
&31&32                   Step back right, touch left heel forward, step left in place, step right together

From this point, steps mirror the pattern above, excepting the last beat (&32). For the 32-count option dance only Part B

## PART B

### LEFT CHASSÉ, CROSS SHUFFLE, KICK-BALL CHANGE, ROCK STEP

1&2                      Side step left, step right together, side step left  
3&4                      Step right across left, side step left, step right across left  
5&6                      Kick left forward, step left in place, step right together  
7-8                      Rock left diagonally forward, rock right in place

### SAILOR STEP, RIGHT MONTEREY ½ TURN, TOUCH-BALL CHANGE

9&10                     Swing left behind right, side step right, step left together  
11-12                    Touch right to side, twist ½ turn right on left while stepping right together  
13-14                    Touch left to side, step left together  
15&16                    Touch right to side, step right in place, step left together

### EXTENDED VINE RIGHT WITH ½ TURN RIGHT

17-20                    Side step right, step left behind right, side step right, \*step left across right (see note above)  
21-24                    Side step right, step left behind right, step ½ turn right on right, step left together

### STOMP, HOLD, BACK-HEEL, BALL-CHANGE (TWICE)

25-26                    Stomp right to side (feet, shoulder width apart), hold  
&27&28                   Step back left, touch right heel forward, step right in place, step left together

29-30 Stomp right to side (feet, shoulder width apart), hold  
&31&32 Step back left, touch right heel forward, grind ¼ turn left on heel stepping down right, step left together

**For the 32 count version: touch left in place and repeat part B**

**REPEAT**

**TAG**

When dancing to "I'll Give You Something To Drink About" by George Jones, on the 3rd repetition (64 count), 6th repetition (32 count), dance steps 1-32 and repeat 25-32 to cover the 10 bar instrumental break. (keep the steps small!)

**FINISH**

When dancing to "Must've Had A Ball" by Alan Jackson, the dance ends on beat 20. For the 64 count option, replace count 20 in Part A with a stomp forward right and hold to end of cadenza. For the 32 count option, replace count 20 in Part B with a stomp forward left and hold to end of cadenza.

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