

It's the Morning After

拍數: 32 牆數: 4 級數: Beginner
編舞者: Annette Haslund (DK) & Ann-Jeanett Ramsvatn (DK) - October 2022
音樂: The Morning After - Nathan Carter : (Single - iTunes)



Note: See also our split floor dance "The Morning After"
Intro (0 count, he makes one stroke on the guitar, start the dance on the word it's)

R HEEL, L TOE, SIDE TOUCH, L HEEL, R TOE, SIDE TOUCH

1-2 Dig R heel forward, touch R toe back
3-4 Step R to R side, touch L beside R
5-6 Dig L heel forward, touch L toe back
7-8 Step L to L side, touch R beside L

K-STEP

1-2 Step R forward on the diagonal, touch L beside R
3-4 Step L back on the diagonal, touch R beside L
5-6 Step R back on the diagonal, touch L beside R
7-8 Step L forward on the diagonal, touch R beside L

Restart wall 3 (6'oclock)

K-STEP, R VINE, L VINE ¼ TURN

1&2& Step R forward on the diagonal, touch L beside R, step L back on the diagonal, touch R beside L
3&4& Step R back on the diagonal, touch L beside R, step L forward on the diagonal, touch R beside L
5&6& Step R to R side, step L behind R, step R to R side, touch L beside R
7&8& Step L to L side, step R behind L, make a 1/4 turn L stepping L forward, touch R beside L

R FORWARD MAMBO, L BACK MAMBO, R SIDE MAMBO, L SIDE MAMBO

1&2 Rock R forward, recover on L, step R back
3&4 Rock L back, recover on R, step L forward
5&6 Rock R to right side, recover weight to L, step R beside L
7&8 Rock L to left side, recover weight to R, step L beside R

Easy RESTART on wall 3 after 16 counts

Ending: Step 1/4 L, Freestyleeeee! ;-)

DANCE AND ENJOY

Dancers note when trying the dance: First K (section 2) is a big and slow K, second K (section 3) is at fast and small K :)

Contact: ahfpost-dance@yahoo.dk / annjeanettramsvatn@gmail.com

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