

# The Morning After

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner / Improver  
編舞者: Rafel Corbí (ES) - October 2022  
音樂: 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 ½ 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**