

# After The Night Before

**COPPER** KNOB  
BY STEPHEN METZ

拍數: 16      牆數: 4      級數: Absolute Beginner / Beginner  
編舞者: Noreen Wall (UK) - November 2022  
音樂: 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 o' clock wall.

7&8      run around left. left, right, left to face 3 o' 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