

# Morning After Contra

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Absolute Beginner  
編舞者: Helaine Norman (USA) - November 2022  
音樂: The Morning After - Nathan Carter



Intro: 32 - No tags or restarts

## I. WALK FORWARD X4

1-8      Walk R forward, hold, walk L forward hold, walk R forward hold, walk L forward hold

Optional steps: Heel struts forward and toe struts back

## II. WALK BACK X4

1-8      Walk R back, hold, walk L back, hold, walk R back, hold, walk L back, hold

Optional steps: Toe struts back

## III. STEP FIRST CHARLESTON

1-2      Step R forward, hold

3-4      Kick L, hold

5-6      Step L, hold

7-8      Touch R back, hold

## IV. ¼ L PIVOT TURN X2

1-2      Step R forward, hold

3-4      Step L making ¼ pivot turn left, hold 9:00

5-6      Step R forward, hold

7-8      Step L making ¼ pivot turn left, hold 6:00

Optional steps: Make ½ L turn walking around RLRL to 6:00

REPEAT

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