

Morning After (The Night Before)

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 4 級數: Intermediate/Advanced
編舞者: Chris Peel (UK)
音樂: 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.
