The Morning After

Count: 16 **Wall:** 4 **Level:** Absolute Beginner

Choreographer: Gary O'Reilly (IRE) & Maggie Gallagher (UK) - November 2022

Music: The Morning After - Nathan Carter

Music Available from iTunes, Amazon & Spotify
#32 count intro - No Tags/No Restarts

Section 1: R HEEL STRUT, L HEEL STRUT, FORWARD ROCK, BACK, L TOE STRUT, R TOE STRUT, L COASTER STEP

1&2&	R heel forward (1), drop R toes (&), L heel forward (2), drop L toes (&)
3 & 4	Rock forward on R (3), recover on L (&), step back on R (4)
5&6&	L toe back (5), drop L heel (&), R toe back (6), drop R heel (&)
7 & 8	Step back on L (7), step R next to L (&), step forward on L (8)

Section 2: R JAZZBOX ¼ R, TWIST HEELS TOES HEELS CLAP, TWIST HEELS TOES HEELS CLAP

1 2	Cross R over L (1), step back on L (2)
3 4	¼ R stepping R to R side (3), step L next to R (4) (3:00)
5&6&	Twist both heels L (5), twist both toes L (&), twist both heels L (6), CLAP (&)
7&8&	Twist both heels R (7), twist both toes R (&), twist both heels R (8), CLAP (&)

ENDING: At the end of Wall 13 have some fun swinging R up and around arm to finish with fun air guitar.

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