

# THE MORNING AFTER

Choreographed by Gary O'Reilly (IRE) & Maggie Gallagher (UK) November 2022

16 Count 4 Wall Absolute Beginner Level Linedance

Music: The Morning After by Nathan Carter (2.55) (Amazon, iTunes, & Spotify)

Intro: 32 counts (22 secs)



## **S1: R HEEL STRUT, L HEEL STRUT, ROCK RECOVER BACK, BACK STRUT, BACK STRUT, COASTER STEP**

1&2& Touch right heel forward, Drop right toe, Touch left heel forward, Drop left toe

3&4 Rock forward on right, Recover on left, Step back on right

5&6& Touch left toe back, Drop left heel, Touch right toe back, Drop right heel

7&8 Step back on left, Step right next to left, Step forward on left

## **S2: CROSS, BACK, ¼, TOGETHER, TWIST HEELS TOES HEELS CLAP, TWIST HEELS TOES HEELS CLAP**

1-2 Cross right over left, Step back on left

3-4 ¼ right stepping right to right side, Step left next to right [3:00]

5&6& Twist both heels left, Twist both toes left, Twist both heels left, CLAP

7&8& Twist both heels right, Twist both toes right, Twist both heels right (weight ends on left), CLAP

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

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