



Dance: **The Morning After**
Type: 16 Count, 4 Wall, Absolute Beginner
Choreographer: Gary O'Reilly (IRE) & Maggie Gallagher (UK), November 2022
Choreographed to: The Morning After by Nathan Carter (92 bpm, 2:52 min)

Intro: Start after count 32

Section 1 Heel Strut x 2, Forward Rock, Back, Toe Strut x 2, Coaster Step

1&2&	Step right heel forward. Lower right toe. Step left heel forward. Lower left toe	Heel strut, heel strut
3&4	Rock forward on right. Recover on left. Step right back	Forward rock, back
5&6&	Step left toe back. Lower left heel. Step right toe back. Lower right heel	Back strut, back strut
7&8	Step left back. Step right beside left. Step left forward	Coaster step

Section 2 Jazz Box 1/4, (Heel Toe Twist x 3, Clap) x 2

1,2	Cross right over left. Step left back	Cross, back
3,4	Step right 1/4 turn right (3:00). Step left beside right	Turn, close
5&6&	Twist heels left. Twist toes left. Twist heels left. Clap	Twist, twist, twist, clap
7&8&	Twist heels right. Twist toes right. Twist heels right. Clap	Twist, twist, twist, clap
