

The Morning After

SPIRIT WOLF

Count: 16 Wall: 4 Level: Absolute Beginner

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

Music: The Morning After - Nathan Carter 32 count intro - No Tags/No Restarts

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)

R JAZZBOX $\frac{1}{2}$ 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 $\frac{1}{4}$ 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.

COUNTRY DANCE