

# The Morning After

**COPPER** **NOB**  
BY THE POUND

**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.

**Contact:**

Gary O'Reilly - oreillygaryone@gmail.com - 00353857819808

<https://www.facebook.com/gary.reilly.104> - [www.thelifeoreillydance.com](http://www.thelifeoreillydance.com)

Maggie Gallagher - +44 7950291350

[www.facebook.com/maggiiegchoreographer](http://www.facebook.com/maggiiegchoreographer) - [www.maggiieg.co.uk](http://www.maggiieg.co.uk)