



Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

The Morning After

16 Count, 4 Wall, Beginner, Nightclub

Choreographer: Marie Sørensen (DK) (Sunshine Cowgirl)
November 2012

Choreographed to: The Morning After by Maureen McGovern,
Song from The Poseidon Adventure Album: The Morning After

Intro: 8 Counts

NIGHTCLUB BASIC STEP RIGHT, LEFT, ROCK, RECOVER, SIDE, BEHIND, 1/4 TURN, STEP FWD.

- 1 Step right to right side
- 2&3 Cross left behind right, cross right over left, step left to left side
- 4&5 Cross right behind left, cross left over right, step right to right side
- 6&7 Back rock left, recover, step left to left side
- 8&1 Cross right behind left, ¼ turn left, step fwd. left, step fwd. right (09:00)

LOCK STEP FWD. ROCK, RECOVER, BACK, COASTER STEP, ROCK, RECOVER

- 2&3 Step fwd. left, lock right behind left, step fwd. left
 - 4&5 Rock fwd. right, recover, step back on right
 - 6&7 Step back on left, step right beside left, step fwd. on left
 - 8& Rock fwd. right, recover (09:00)
-

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA
Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768^{*charged at 10p per minute}