

# The Morning After

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**Count:** 16

**Wall:** 4

**Level:** Beginner - nightclub

**Choreographer:** Marie Sørensen DK (Sunshine Cowgirl) – Nov 2012

**Music:** "The Morning After" by Maureen McGovern – 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)

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