

## In The Morning



	STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Intermediate	Section 1	Right Shuffle, Left Shuffle, Toe Switches		
	1 & 2	Step right forward. Step left beside right. Step right forward.	Right Shuffle	Forward
	3 & 4	Step left forward. Step right beside left. Step left forward.	Left Shuffle	
	5 & 6	Touch right to right side. Step right beside left. Touch left to left side.	Side & Side	On the spot
	& 7 - 8	Step left beside right. Step right forward. Touch left beside right.	& Step Touch	
	Restart:-	During 4th Wall at this point, add '&' beat stepping down on left and restart dance.	•	
	Section 2	Triple 1/2 Turn Right, Back Rock, Kick Ball Change x2.		
	1 & 2	Triple 1/2 turn right stepping Left, Right, Left.	Triple Turn	Turning right
	3 - 4	Rock back on right. Recover forward onto left.	Back Rock	On the spot
	5 & 6	Kick right forward. Step right beside left. Step left forward.	Kick Ball Change	
	7 & 8	Kick right forward. Step right beside left. Step left forward.	Kick Ball Change	
	Section 3	Side Hold & Side Hold, Full Turning Vine Left Into Left Chasse.		
	1 - 2	Step right to right side. Hold.	Side Hold	Right
	& 3 - 4	Step left beside right. Step right to right side. Hold.	& Side Hold	
	Note:-	Counts 1 - 4 can be done as snake/body rolls for styling.		
	5 - 6	Turn 1/4 left stepping left forward. Turn 1/2 left stepping right back.	Turn Turn	Turning left
	7 & 8	Turn 1/4 left stepping left to left side. Step right beside left. Step left to left side.	Turn Close Side	Left
	Option:-	To avoid turning replace counts 5 - 8 with the following:-		
	(5 - 6)	Step left to left side. Step right beside left.		
	(7 & 8)	Step left to left side. Step right beside left. Step left to left side.		
	Section 4	Heel Jacks x2, Right Toe Strut 1/2 Turn, Left Toe Strut 1/4 Turn.		
	1 & 2	Cross right over left. Step left to left side. Touch right heel diagonally forward right.	Cross & Heel	Left
	& 3	Step right beside left. Cross left over right.	& Cross	Right
	& 4	Step right to right side. Touch left heel diagonally forward left.	& Heel	
	& 5 - 6	Step left beside right. Touch right toe forward. Turn 1/2 left dropping right heel.	& Turn Strut	Turning left
	7 - 8	Turn 1/4 left touching left toe to left side. Drop left heel taking weight.	Turn Strut	

4 Wall Line Dance: - 32 Counts. Intermediate.

Choreographed by:- Alan Haywood (UK) May 2005.

Choreographed to:- 'In The Morning' (127 bpm) by The Coral, available on single or from the album 'The Invisible Invasion', 32-count intro.

**Note:-** There is a restart during the 4th wall, at the end of Section 1. Just transfer weight onto left to enable you to start the dance again with a right shuffle forward.

Music Suggestion:- 'I Don't Understand My Girlfriend' (134 bpm) by Toby Keith from 'Dream Walkin' CD.

NB: Restart not required with this track.