

GOOD MORNING CHA

Choreographers: Mike & Michelle Seurer 360 8th Street, Fond du lac, WI 54935

Music: "Good Morning", Mandisa from "What if we were Real" CD, Track 6, or Download

Footwork: Opposite, except as noted

Released: August 2016

Phase: III

Rhythm: Cha-Cha

Sequence: INTRO AB ABCD B A ENDING

INTRODUCTION

- 1----4 IN BFLY/WALL WAIT 2 MEAS;; SHOULDER TO SHOULDER;;
1-2 In BLY/WALL wait 2 meas;;
3-4 Fwd L trng to BFLY/SDCAR, rec R to fc ptr, sd L/cl R, sd L; Fwd R trng to BFLY/BJO, rec L, sd R/cl L, sd R;
- 3---4 PEEK-A- BOO CHASE;;;;
1-2 Fwd L trng ½ RF, rec & fwd R, fwd L/cl R, fwd L,-; Rk sd R peek over L shdr, rec L, R/L,R;
3-4 Rk sd L, peek over R shdr, rec R, L/R,L; Fwd R trng ½ LF, rec & fwd L, fwd R/cl L;

PART A

- 1----4 NEW YORKER; START CRAB WALK;
1-2 Rk fwd L, rec R, sd L/cl R, sd L; Rk bk R, rec L, sd R/cl L, sd R;
3-4 Rk thru L twd RLOD to LOP, rec R to fc, sd L/cl R, sd L; XRif of L, sd L, XRif of L/sd L, XRif of L;
- 5----8 FINISH CRABWALK; SPOT TURN; FENCE LINE;;
5-6 Sd XRif of L/sd L, XRif of L; XRif start LF turn, fwd L completing LF turn to fc ptr in BFLY, sd R/cl L, sd R;
7-8 Retain BFLY hand hold X lunge L, rec R to fc, sd L/cl R, sd L X lunge R, rec L to fc, sd R/cl L, sd R;
- 9----12 ½ BASIC; UNDER ARM TURN; SHOULDER TO SHOULDER;;
9-10 Rk fwd L, rec R, sd L/cl R, sd L; rk bk R, rec L, sd R/cl L, sd R(W trn RF undr jnd ld hnds XLif, fwd R, sd L/cl R, sd L);
11-12 Fwd L trng to BFLY/SDCAR, rec R to fc ptr, sd L/cl R, sd L; Fwd R trng to BFLY/BJO, rec L, sd R/cl L, sd R;
- 13----14 CUCARACHAS;;
13-14 Rk sd L, rec R, sd L/cl R, sd L; Rk sd R, rec L, sd R/cl L, sd R;

PART B

- 1----4 CHASE;;;;
1-2 Fwd L, trng ½ RF to fc COH, rec & fwd R, fwd L/cl R, fwd L(W rk bk R, rec & fwd L, Fwd R/cl L, fwd R; fwd R trng ½ LF to fc WALL, rec & fwd L, fwd R/cl L, fwd R(W fwd L trng ½ RF to fc WALL rec & fwd R, fwd L/cl R, fwd L);
3-4 Rk fwd L, rec R, bk L/cl R, bk L; (W fwd R trng ½ LF to fc COH and M, rec & fwd L, fwd R, cl L fwd R); jnd hnds in BFLY rk bk R, rec L, fwd R/cl L, fwd R;
- 5----8 TRAVELING DOORS;; CUCARACHAS;;
5-6 Rk sd L, rec R, XLif of R/sd R, XRif; Rk sd R, rec L, XRif of L/sd L, XRif;
7-8 Rk sd L, rec R, sd L/cl R, sd L; Rk sd R, rec L, sd R/cl L, sd R;
- 9----12 OPEN BREAK; WHIP; OPEN BREAK; WHIP;
9-10 Rk apt L, extend free arm up, rec R lower free arm, sd L/cl R, sd L; Bk R trng LF rec & fwd L cont LF trn to fc COH, sd R/cl L, sd R;
11-12 Rk apt L, extend free arm up, rec R lower free arm, sd L/cl R, sd L; Bk R trng LF rec & fwd L cont LF trn to fc WALL, sd R/cl L, sd R;

PART C

- 1----8 **DOUBLE PEEK-A-BOO CHASE;;;;;;;**
1-2 Rel hnds Fwd L (W bk R)trn ½ RF, rec & fwd R(W rec L), fwd L/cl R, fwd L (W fwd R/ cl L, fwd R); sd R look ovr L shdr (W sd L), rec L, R/L,R;
3-4 Sd L look over R shdr (W sd R), rec R, L/R,L; fwd R trn ½ LF (W fwd L trng 1/2 RF),rec & fwd L, fwd R/cl L, fwd R(W bk L/cl R, bk L) to BFLY/WALL;
5-6 Sd L (W look over L shdr W sd R), rec R, L/R,L; Rk sd R(W look over R shdr W sd L), rec L, R/L,R;
7-8 Fwd L(W R trng 1/2 LF),rec R,bk L/cl R,bk L;Bk R,rec L fwd R/cl L,fwd R to BFLY/WALL;

PART D

- 1----4 **BASIC;; CUCARACHAS;;**
1-2 Rk fwd L, rec R, sd L/cl R, sd L; Rk bk R, rec L, sd R/cl L, sd R;
3-4 Rk sd L ,rec R, sd L/cl R, sd L; Rk sd R, rec L, sd R/cl L, sd R;
- 5----8 **SAND STEPS;; ½ BASIC; WHIP;**
5-6 Using swivel action on weighted foot, point toe of L to instep of R, heel of L to instep of R, XLif of R/sd R, XLif of R; Using same swivel action point toe of R toe to instep of L, heel of R to instep of L, XRif of L/sd L, XRif of L;
7-8 Rk fwd L, rec R, sd L/cl R, sd L; Bk R trng LF rec & fwd L cont LF trn to fc COH, sd R/cl L, sd R;
- 9----12 **SANDSTEPS;; ½ BASIC; WHIP;**
9-10 Using swivel action on weighted foot, point toe of L to instep of R, heel of L to instep of R, XLif of R/sd R, XLif of R; Using same swivel action point toe of R toe to instep of L, heel of R to instep of L, XRif of L/sd L, XRif of L;
11-12 Rk fwd L, rec R, sd L/cl R, sd L; Bk R trng LF rec & fwd L cont LF trn to fc WALL, sd R/cl L, sd R;

ENDING

- 1---- **QUICK SIDE LUNGE;**
1- Lunge sd L twd LOD & HOLD,-;