

GOOD MORNING SUNSHINE!

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Count: 48

Wall: 4

Level: Unrated Beginner level

Choreographer: Elke Weinberger

Music: Good Morning Sunshine by Aqua

Note : Start dance after 48 counts (on vocals) at time track 00:29.

½ RIGHT SAILOR TURN, FORWARD, ¼ LEFT HIP BUMPS TWICE, TOGETHER, SIDE TOUCH, SWEEP TO TOUCH TOGETHER, SWEEP, ½ LEFT TURN

1&2 : Cross right behind left, execute ½ turn right and step left to left, step right to right
Step left forward

&4 : Execute ¼ turn left and then step right to right (bumping hips to right), recover hips to centre

&5 : Execute ¼ turn left and then step right to right (bumping hips to right), recover hips to centre

&6 : Step right beside left, touch left toe to left

7 : Sweep left in a clockwise motion drawing a semi-circular arc so that you will end with your left toe touch close together next to right

8 : Sweep left around in a counter-clockwise motion drawing from front to back. As you complete the sweep, execute a sharp and quick ½ turn left on ball of right (weight remains on right)

SAILOR STEP, TRAVELLING LEFT FULL RIGHT TURN, BALL-CROSSES, SIDE SLIDE, ¼ LEFT TURN

9&10 : Step left behind right, step right to right, step left to left

11-12 : Execute ½ turn right and then step right to right, execute another ½ turn right and then step left to left

&13&14: Step right beside left, cross left over right, step right beside left, cross left over right

15-16 : Slide right to right (taking long step), slide left to right as you execute $\frac{1}{4}$ turn left (weight ends on left)

FORWARD, HIP ROLLS TWICE, FULL LEFT SPIRAL TURN, FULL LEFT PADDLE TURN

17-19 : Step right forward, roll hips twice in a counter-clockwise motion (weights ends on right)

20 : Execute a full turn left on ball of right (weight remains on right). You should end the turn with your left crossed over right

21& : Execute $\frac{1}{4}$ turn left and then step left forward, lock step right behind left

22& : Execute $\frac{1}{4}$ turn left and then step left forward, lock step right behind left

23&24 : Execute $\frac{1}{4}$ turn left and then step left forward, lock step right behind left, execute last $\frac{1}{4}$ turn left and then step left forward

MAMBO CROSS, DIAGONAL ROCK, RECOVER, BEHIND, $\frac{1}{4}$ RIGHT TURN, $\frac{1}{2}$ RIGHT TURN, SAILOR CROSS

25&26 : Rock right to right, recover weight onto left, cross right over left

&27-28: Rock left towards left diagonal, recover weight onto right, step left behind right

29-30 : Execute $\frac{1}{4}$ turn right and then step right forward, execute another $\frac{1}{2}$ turn right and then step left to left

31&32 : Step right behind left, step left to left, cross right over left

SIDE ROCK, $\frac{1}{4}$ RIGHT COASTER TURN, FORWARD MAMBO, BACK MAMBO TOUCH

33-34 : Rock left to left, recover weight onto right

35&36 : Step left back, execute $\frac{1}{4}$ turn right and then step right beside left, step left forward

37&38 : Rock right forward, recover weight onto left, step right beside left

39&40 : Rock left back, recover weight onto right, touch left toe beside right

FULL TURN RIGHT, TOGETHER TOUCH, SCISSOR CROSS, SIDE CHASSE

41-44 : Step left forward, pivot $\frac{1}{2}$ turn right (weight ends on right), execute another $\frac{1}{2}$ turn right and then step left back, touch right toe beside left

45&46 : Step right to right, step left beside right, cross right over left

47&48 : Step left to left, step right beside left, step left to left

REPEAT

24-COUNTS TAG At the end of both the 2nd and 6th rotation, you will be facing 6 O? Clock wall. Add in the below 24 counts-tag. After the tag, start dancing 3rd and 7th rotation facing 6 O? Clock wall.

Note : This tag comprises of an 8-count extension to complete the chorus cycle and a further 16 counts to bridge the musical instrumental segment.

$\frac{1}{2}$ LEFT HIP BUMP TURNS TWICE, FRONT SAILOR, $\frac{1}{2}$ RIGHT HIP BUMP TURNS TWICE, FRONT SAILOR

&1 : Execute $\frac{1}{2}$ turn left and then step right to right (bumping hips right), return hips to centre

&2 : Execute $\frac{1}{2}$ turn left and then step right to right (bumping hips right), return hips to centre

3&4 : Cross right over left, step left to left, step right to right

&5 : Execute $\frac{1}{2}$ turn right and then step left to left (bumping hips left), return hips to centre

&6 : Execute $\frac{1}{2}$ turn right and then step left to left (bumping hips left), return hips to centre

7&8 : Cross left over right, step right to right, step left to left

$\frac{1}{2}$ RIGHT TURNING CURVATURE LOCK STEPS, $\frac{3}{4}$ LEFT TURNING CURVATURE TRAVELLING BALL-CROSSES, SIDE SLIDE

9-10 : Step right forward, lock step left behind right

11&12 : Step right forward, lock step left behind right, step right forward On counts 9-12 curve the lock steps so that it completes a $\frac{1}{2}$ turn right

13&14&15: Cross left over right, step right beside left, cross left over right, step right beside left, cross left over right

16 : Slide right to right (taking long step) On counts 13-15 curve the ball crosses so that it completes a $\frac{3}{4}$ turn left.

$\frac{1}{2}$ LEFT TURNING CURVATURE LOCK STEPS, $\frac{3}{4}$ RIGHT TURNING CURVATURE TRAVELLING BALL-CROSSES, SIDE SLIDE

17-18 : Step left forward, lock step right behind left

19&20 : Step left forward, lock step right behind left, step left forward On counts 17-18 curve the lock steps so that it completes a $\frac{1}{2}$ turn left

21&22&23: Cross right over left, step left beside right, cross right over left, step left beside right, cross right over left

24 : Slide left to left (taking long step) On counts 21-23 curve the ball crosses so that it completes a $\frac{3}{4}$ turn right.

12 COUNTS TAG At the end of the 4th rotation, you will be facing 12 O? Clock wall. Add in the below 12 counts-tag. After the tag, start dancing 5th rotation facing 12 O? Clock wall.

Note : This tag comprises of an 8-count extension to complete the chorus cycle and a further 4 counts for the extra beats

$\frac{1}{2}$ LEFT HIP BUMP TURNS TWICE, FRONT SAILOR, $\frac{1}{2}$ RIGHT HIP BUMP TURNS TWICE, FRONT SAILOR

&1 : Execute $\frac{1}{2}$ turn left and then step right to right (bumping hips right), return hips to centre

&2 : Execute $\frac{1}{2}$ turn left and then step right to right (bumping hips right), return hips to centre

3&4 : Cross right over left, step left to left, step right to right

&5 : Execute ½ turn right and then step left to left (bumping hips left), return hips to centre

&6 : Execute ½ turn right and then step left to left (bumping hips left), return hips to centre

7&8 : Cross left over right, step right to right, step left to left

JAZZ BOX

9-12 : Cross right over left, cross left over right, step right back, step left beside right