

# Good Morning

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**Count:** 48

**Wall:** 4

**Level:** Beginner - warm up

**Choreographer:** Jo Thompson Szymanski and Mabelle Cook Holloway (Feb 2013)

**Music:** Good Morning by Mandisa feat. TobyMac

**Alt. music: Sweet Home New Orleans by Scooter Lee**

## **[1-8] 3 WALKS FORWARD, KICK, 3 WALKS BACK, TOUCH**

**1-4** Walk forward R, L, R, Kick L forward

**5-8** Walk back L, R, L, Touch R beside L

## **[9-16] 4 STEP TOUCHES**

**1-2** Step R to right, Touch L beside R

**3-4** Step L to L, Touch R beside L

**5-6** Step R to right, Touch L beside R

**7-8** Step L to L, Touch R beside L

**Note: On the step touches you may do different variations to warm up different parts of the body.**

**Try these: Step touches with snaps, claps or shoulder rolls Step, heel forward Step, toe back Step, kick Step, knee lift Make up your own variations!**

**[17-32] REPEAT WALKS FORWARD & BACK, 4 STEP TOUCHES 1-16 Repeat above counts 1-16**

## **[33-48] VINE R, TOUCH, VINE L, TURN 1/4 L\*, VINE R, TOUCH, VINE L, TOUCH**

**1-4** Step R to right, Step L behind R, Step R to right, Touch L beside R

**5-8** Step L to left, Step R behind L, Turn 1/4 left step L forward, Touch R beside L

**1-4** Step R to right, Step L behind R, Step R to right, Touch L beside R

**5-8** Step L to left, Step R behind L, Step L to left, Touch R beside L

**\*Note: For a one wall version of this dance delete the 1/4 turn on the vine.**

**Also, instead of vines you may do basics: Side, Together, Side, Touch, etc.**