

## GOOD MORNING CHA

Choreographers: Mike &amp; 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 (Corrected Sept 2016&amp;Jan 2017)

Phase: III

Rhythm: Cha-Cha

Sequence: INTRO AB ABCD B A ENDING

INTRODUCTION1----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;

5----8 PEEK-A- BOO CHASE;;;

1-2 Fwd L trng ½ RF, rec &amp; 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 &amp; fwd L, fwd R/cl L, fwd R;

PART A1----4 BASIC;;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 L, XRif of L, sd L/cl R, sd 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;

PART B1----4 CHASE;;;

1-2 Fwd L, trng ½ RF to fc COH, rec &amp; fwd R, fwd L/cl R, fwd L (W rk bk R, rec &amp; fwd L, Fwd R/cl L, fwd R); fwd R trng ½ LF to fc WALL, rec &amp; fwd L, fwd R/cl L, fwd R (W fwd L trng ½ RF to fc WALL rec &amp; 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 &amp; 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, cl L/sip R, sip L; Rk sd R, rec L, cl R/sip L, sip 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 &amp; 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 &amp; fwd L cont LF trn to fc WALL, sd R/cl L, sd R;

PART C1----8 DOUBLE PEEK-A-BOO CHASE;::::::

1-2 Rel hnds Fwd L (W bk R) trn ½ RF, rec &amp; 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 &amp; fwd L, fwd R/cl L, fwd

R(W fwd L/cl R, fwd L) to TANDEM/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, cl L/sip R, sip L; Rk sd R, rec L, cl R/sip L,sip 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,-;

修正の詳細

修正者：丸山一雄(S 協技術委員, RD 小委員会委員長)

修正承認者：Mike & Michelle Seurer 修正承認日：2017/1/24

修正内容：

| Part         | 小節    | 修正箇所 | 修正前                                                              | 修正後                                                                  |
|--------------|-------|------|------------------------------------------------------------------|----------------------------------------------------------------------|
| Introduction | 5-8   | 小節番号 | 3-4                                                              | 5-8                                                                  |
| Part A       | 5     | 解説   | Sd XRif of L/sd L,XRif of L;                                     | Sd L,XRif of L,sd L/cl R,sd L;                                       |
| Part A       | 7     | 解説   | “;”なし                                                            | “;”追加                                                                |
| Part A       | 13-14 | 全体   | CUCARACHAS;;                                                     | 削除                                                                   |
| Part B       | 1,2   | 解説   | “)”なし                                                            | “)”追加                                                                |
| Part B       | 7-8   | 解説   | Rk sd L ,rec R, sd L/cl R, sd L; Rk sd R, rec L, sd R/cl L,sd R; | Rk sd L ,rec R, cl L/sip R, sip L; Rk sd R, rec L, cl R/sip L,sip R; |
| Part C       | 4     | 解説   | BFLY/WALL;                                                       | TANDEM/WALL                                                          |
| Part D       | 3-4   | 解説   | Rk sd L ,rec R, sd L/cl R, sd L; Rk sd R, rec L, sd R/cl L,sd R; | Rk sd L ,rec R, cl L/sip R, sip L; Rk sd R, rec L, cl R/sip L,sip R; |
| Part D       | 12    | 解説   | “,”なし                                                            | “,”追加                                                                |