Good Morning

Count: 48 **Wall:** 4 **Level:** Beginner Warm Up

Choreographer: Jo Thompson Szymanski (USA) & Machelle Cook Holloway (USA) - February 2013

Music: Good Morning (feat. TobyMac) - Mandisa

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.