

Good Morning

48 count 1 or 4 wall warm-up line dance

Choreographed by Jo Thompson Szymanski and Machel Cook Holloway

Music: Good Morning by Mandisa featuring TobyMac

Sweet Home New Orleans by Scooter Lee

Music available from iTunes.com or Amazon.com

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.