

# Good Morning

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**Count:** 48

**Wall:** 4

**Level:** Beginner - warm up

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

**Music:** Good Morning (feat. TobyMac) - Mandisa

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**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.

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