

## Every Morning

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 Music: "Every Morning," by Sugar Ray. Available .mp3 at Amazon & iTunes.  
 Time: 3:39 [fades by 3:30]  
 Footwork: Opposite (*Woman's footwork opposite, except as noted in parentheses*)  
 Rhythm/Phase: Cha Cha, IV+1 [Stop & Go Hockey Stick]  
 Degree of difficulty: AVG  
 Sequence: Intro – A – B – C – D – Intld 1 – A [Mod 7-8] – C – D – Intld 2 – A - End

### INTRO

#### **1-4 OP SIDE BY SIDE FACING LOD WAIT TWO MEASURES ; ; CIRCLE AWAY & TOGETHER TO BFLY WALL ; ;**

- 1-2 OP sd by sd fcg LOD wait ; ;  
 3-4 {**Circ Awy & Tog**} Separating from ptr & mvg awy CCW (*W moves CW*) in a circ pattern fwd L, fwd R, fwd L/cl R, fwd L ; Cont circ pattern CCW (*W cont to move CW*) twd ptr fwd R, fwd L, fwd R/cl L, fwd R to BFLY WALL ;

#### **5-8 TRAVELING DOOR TWICE ; ; CUCARACHA TWICE ; ;**

- 5-6 {**Trav Dr 2X**} Rk sd L, rec R, XLif/sd R, XLif ; Rk sd R, rec L, XRif/sd L, XRif ;  
 7-8 {**Cuca 2X**} Sd L, rec R, cl L/sip R, sip L ; Sd R, rec L, cl R/sip L, sip R ;

### PART A

#### **1-4 SHOULDER TO SHOULDER TWICE ; ; SPOT TURN TWICE ; ;**

- 1-2 {**Shldr to Shldr 2X**} Fwd L to BFLY SCAR, rec R to fc ptr, sd L/cl R, sd L ; Fwd R to BFLY BJO, rec L to fc ptr, sd R/cl L, sd R ;  
 3-4 {**Spt Trn 2X**} Swvlg 1/4 on ball of R ft stp fwd L trng 1/2, rec R trng 1/4 to fc ptr, sd L/cl R, sd L ; Swvlg 1/4 on ball of L ft stp fwd R trng 1/2, rec L trng 1/4 to fc ptr, sd R/cl L, sd R to BFLY WALL ;

#### **5-8 NEW YORKER TWICE ; ; BASIC ; ;**

- 5-6 {**NY 2X**} Swvlg RF on R ft thru L w/ straight leg to sd by sd pos to RLOD, rec R swvlg LF on R ft to fc ptr, sd L/cl R, sd L to BFLY ; Swvlg LF on L ft thru R w/ straight leg to sd by sd pos to LOD, rec L swvlg RF on L ft to fc ptr, sd R/cl L, sd R to BFLY ;  
 7-8 {**Bas**} Fwd L, rec R, sd L/cl R, sd L ; Bk R, rec L, sd R/cl L, sd R ;

### PART B

#### **1-4 RONDE CHA CHA BOX TWICE ; ; ; ;**

- 1 {**Ronde Cha Cha Box**} Ronde Lif, sd R, bk L/lk Rif, bk L (*W Ronde Rib, sd L, fwd R/lk Lib, fwd R*) ;  
 2 Ronde Rib, sd L, fwd R/lk Lib, fwd R (*W Ronde Lif, sd R, bk L/lk Rif, bk L*) ;  
 3 {**Ronde Cha Cha Box**} Ronde Lif, sd R, bk L/lk Rif, bk L (*W Ronde Rib, sd L, fwd R/lk Lib, fwd R*) ;  
 4 Ronde Rib, sd L, fwd R/lk Lib, fwd R (*W Ronde Lif, sd R, bk L/lk Rif, bk L*) ;

**5-8 HALF BASIC TO FAN ; ; ALEMANA TO HANDSHAKE ; ;**

- 5-6 {**Half Bas**} Fwd L, rec R, sd L/cl R, sd L ;  
 6 {**Fan**} Bk R, rec L, sd R/cl L, sd R (*W Fwd L, trng LF stp sd & bk R making 1/4 LF trn, bk L/lk Rif, bk L leaving R extended fwd w/no wgt*) ;  
 7-8 {**Aleman**a} Fwd L, rec R, sd L/cl R, sd L ldg W to trn RF (*W Cl R, fwd L, fwd R/fwd L, fwd R commence RF swvl to fc ptr*) ; Bk R, rec L, sd R/cl L, sd R; (*W Cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, sd L/cl R, sd L*) to HNDSHK ;

**PART C****1-4 TRADE PLACES TWICE ; ; TRADE PLACES TO VARSOUV RLOD ; WHEEL TWO & CHA TO FC LOD ;**

- 1 {**Trade Plcs**} Rk apt L, rec R trng 1/4 RF bhd W relg jnd R hnds to mom Tandem Pos, comm 1/4 RF trn sd & bk L/cl R, comp trn to fc ptr sd & bk L (*W Rk apt R, rec L trng 1/4 LF in front of M relg jnd R hnds to mom Tandem Pos, comm 1/4 RF trn sd & bk R/cl L, comp trn to fc ptr sd & bk R*) jng L hnds to L HNDSHK ;  
 2 {**Trade Plcs**} Rk apt R, rec L trng 1/4 LF bhd W relg jnd R hnds to mom Tandem Pos, comm 1/4 RF trn sd & bk R/cl L, comp trn to fc ptr sd & bk R (*W Rk apt L, rec R trng 1/4 LF in front of M relg jnd R hnds to mom Tandem Pos, comm 1/4 LF trn sd & bk L/cl R, comp trn to fc ptr sd & bk L*) jng R hnds to R HNDSHK ;  
 3 {**Trade Plcs to Varsouv**} Rk apt L, rec R trng 1/4 RF bhd W to VARS Pos fcg RLOD, fwd & sd L/cl R, sd L ;  
 4 {**Whl 2 & Cha**} In VARS Pos whl 1/2 RF fwd R, fwd L to fc LOD, sip R/L, R (*W Whlg 1/2 RF bk L, bk R, bk L/bk R, bk L*) to fc LOD ;

**5-8 SLIDING DOOR ; ROCK APART & FACE CHA TO CP ; CROSS BODY TO BFLY WALL ; ;**

- 5 {**Sldg Dr**} Relg hnds & taking W's L hnd w/M's R hnd sd L, rec R, XLif/sd R, XLif ;  
 6 {**Rk Apt & Fc**} Rk apt R, rec L & trn 1/4 LF to fc ptr, sip R/L, R blend to CP fcg COH ;  
 7-8 {**X Bdy**} Fwd L, rec R trng LF, sd L/cl R, sd L (*W Bk R, rec L, fwd R/cl L, fwd R twd M staying on R sd ending in L-shaped Pos*) ; Bk R bhd L cont LF trn, rec L, sd R/cl L, sd R (*W Fwd L commencing LF trn, fwd R trng 1/2 LF, sd L/cl R, sd & bk L*) to BFLY WALL ;

**PART D****1-4 BREAK BACK RECOVER TO TRIPLE CHA FORWARD ; ; THRU TO AIDA TO TRIPLE CHA BACK ; ;**

- 1-2 {**Brk Bk Rec to Trip Cha Fwd**} Brk bk L, rec R, fwd L/lk Rib, fwd L ; Fwd R/lk Lib, fwd R, fwd L/lk Rib, fwd L ;  
 3-4 {**Thru Aida to Trip Cha Bk**} Thru R turning RF, sd L cont RF turn, bk R/lk Lif, bk R ; Bk L/lk Rif, bk L, bk R/lk Lif, bk R to a V BK-TO-BK POS fcg RLOD ;

**5-8 SWITCH CROSS ; VINE TWO & CHA ; FENCE LINE ; CUCARACHA ;**

- 5 {**Swch X**} Trng LF to fc ptr sd L ckg bringing jnd hnds thru, rec R to BFLY WALL, XLif/sd R, XLif ;  
 6 {**Vn 2 & Cha**} Sd R, XLib, sd R/cl L, sd R ;  
 7 {**Fnc Ln**} X Lun L thru w/ bent knee, rec R to fc ptr, sd L/cl R, sd L ;  
 8 {**Cuca**} Sd R, rec L, cl R/sip L, sip R ;

**INTERLUDE 1****1-4 TRAVELING DOOR TWICE ; ; CUCARACHA TWICE ; ;**

- 1-2 {Trav Dr 2X} Rk sd L, rec R, XLif/sd R, XLif ; Rk sd R, rec L, XRif/sd L, XRif ;  
 3-4 {Cuca 2X} Sd L, rec R, cl L/sip R, sip L ; Sd R, rec L, cl R/sip L, sip R ;

**REPEAT PART A [MODIFY 7-8]****1-4 SHOULDER TO SHOULDER TWICE ; ; SPOT TURN TWICE ; ;****5-8 NEW YORKER TWICE ; ; FORWARD AND BACK BASIC TO HANDSHAKE ; ;**

- 7 {Fwd Bas} Fwd L, rec R, bk L/cl R, bk L ;  
 8 {Bk Bas} Bk R, rec L, fwd R/cl L, fwd R to HNDSHK ;

**REPEAT PART C****1-4 TRADE PLACES TWICE ; ; TRADE PLACES TO VARSOUV RLOD ; WHEEL TWO & CHA TO LOD ;****5-8 SLIDING DOOR ; ROCK APART & FACE CHA TO CP ; CROSS BODY TO BFLY ; ;****REPEAT PART D****1-4 BREAK BACK TO TRIPLE CHA FORWARD ; ; THRU TO AIDA TO TRIPLE CHA BACK ; ;****5-8 SWITCH CROSS ; VINE TWO & CHA ; FENCE LINE ; CUCARACHA ;****INTERLUDE 2****1-4 HALF BASIC TO FAN ; ; STOP AND GO HOCKEY STICK ; ;**

- 1 {Half Bas} Fwd L, rec R, sd L/cl R, sd L ;  
 2 {Fan} Bk R, rec L, sd R/cl L, sd R (*W fwd L, trng LF stp sd & bk R making 1/4 LF trn, bk L/lk Rif, bk L leaving R extended fwd w/no wgt*) ;  
 3-4 {Stop & Go Hky Stk} Ck fwd L, rec R raising L arm to ld W to a LF undrm trn, sip L/R, L (*W Cl R, fwd L, fwd R/L, R trng 1/2 LF undr jnd hnds to end at M's R sd*) ; Ck fwd R w/ L sd stretch shaping to ptr & plcg R hnd on W's L shldr blade to ck her mvt, rec L raising L arm to ld W to RF undrm trn, sip R/L, R (*W [man catching W with R hnd on W's L shldr blade to ck her mvt] Rk bk L, rec R, fwd L/R, L trng 1/2 RF undr jnd hnds to end fcg M in Fan Pos*) ;

**5-6 HOCKEY STICK TO BFLY ; ;**

- 5-6 {Hky Stk} Fwd L, rec R, sip L/R, L (*W Cl R, fwd L, fwd R/cl L, fwd R*) ; Bk R, rec L, fwd R/cl L, fwd R ending DRW (*W Fwd L, fwd R trng LF to fc ptr, bk L/cl R, bk L on DIAG*) ;

**REPEAT PART A****1-4 SHOULDER TO SHOULDER TWICE ; ; SPOT TURN TWICE ; ;****5-8 NEW YORKER TWICE ; ; BASIC ; ;****ENDING****1-4 CHASE WITH UNDERARM PASS TO COH ; ; REVERSE UNDERARM TURN ; UNDERARM TURN ;**

- 1-2 {**Chs w/Undrm Pass**} Fwd L commence 1/2 RF trn to COH w/ ld hnds jnd, rec fwd R, fwd L/cl R, fwd L ; Bk R raising jnd ld hnds ldg W to trn LF, rec L, sd R/cl L, sd R (*W Bk R w/ ld hnds jnd, rec L, fwd R/cl L, fwd R toward M's L sd ; Fwd L, fwd R trng 1/2 LF undr jnd ld hnds to fc ptr, sd L/cl R, sd L*) ;
- 3 {**Rev Undrm Trn**} Raising jnd ld hnds XLif, rec R, sd L, sd R, sd L (*W Swvlg 1/4 LF on ball of L ft fwd R trng 1/2 LF, rec L trng 1/4 LF to fc ptr, sd R/cl L, sd R*) ;
- 4 {**Undrm Trn**} Raising jnd ld hnds trn bdy slightly RF bk R, rec L squaring bdy to fc ptr, sd R/cl L, sd R (*W Swvlg 1/4 RF on ball of R ft fwd L trng 1/2 RF, rec R trng 1/4 RF to fc ptr, sd L/cl R, sd L*) ;

**5-8 CHASE WITH UNDERARM PASS TO WALL ; ; FENCE LINE IN 4 ; FENCE LINE ;**

- 1-2 {**Chs w/Undrm Pass**} Fwd L commence 1/2 RF trn to WALL w/ ld hnds jnd, rec fwd R, fwd L/cl R, fwd L ; Bk R raising jnd ld hnds ldg W to trn LF, rec L, sd R/cl L, sd R (*W Bk R w/ ld hnds jnd, rec L, fwd R/cl L, fwd R toward M's L sd ; fwd L, fwd R trng 1/2 LF undr jnd ld hnds to fc ptr, sd L/cl R, sd L*) ;
- 3 {**Fnc Ln in 4**} X Lun L thru w/ bent knee, rec R to fc ptr, sd L, cl R ;
- 4 {**Fnc Ln**} X Lun L thru w/ bent knee, rec R to fc ptr, sd L/cl R, sd L ;

**9-12 CRAB WALKS ; ; AIDA ; SWITCH ROCK ;**

- 9-10 {**Crb Wlks**} XRif, sd L, XRif/sd L, XRif ; Sd L, XRif, sd L/cl R, sd L ;
- 11 {**Aida**} Thru R turning RF, sd L cont RF turn, bk R/lk Lif, bk R ; Bk L/lk Rif, bk L, bk R/lk Lif, bk R to a V BK-TO-BK POS fcg RLOD ;
- 12 {**Swch Rk**} Tng LF to fc prt sd L ckg bringing jnd hnds thru, rec R, sd L/cl R, sd L ;

**13-14 CUCARACHA ; SIDE CORTE & HOLD ;**

- 13 {**Cuca**} Sd R, rec L, cl R/sip L, sip R ;
- 14 {**Sd Corte**} Sd L, Lowering w/ relaxed knee R leg pointing RLOD & HOLD ;

**QUICK CUES**

Sequence: Intro – A – B – C – D – Intld 1 – A [Mod 7-8] – C – D – Intld 2 – A - End

**INTRO**

**1-4 OP SIDE BY SIDE FACING LOD WAIT TWO MEASURES ; ; CIRCLE AWAY & TOGETHER TO BFLY WALL ; ;**  
**5-8 TRAVELING DOOR TWICE ; ; CUCARACHA TWICE ; ;**

**PART A**

**1-4 SHOULDER TO SHOULDER TWICE ; ; SPOT TURN TWICE ; ;**  
**5-8 NEW YORKER TWICE ; ; BASIC ; ;**

**PART B**

**1-4 RONDE CHA CHA BOX TWICE ; ; ; ;**  
**5-8 HALF BASIC TO FAN ; ; ALEMANA TO HANDSHAKE ; ;**

**PART C**

**1-4 TRADE PLACES TWICE ; ; TRADE PLACES TO VARSOUV RLOD ; WHEEL TWO & CHA TO FC LOD ;**  
**5-8 SLIDING DOOR ; ROCK APART & FACE CHA TO CP ; CROSS BODY TO BFLY WALL ; ;**

**PART D**

**1-4 BREAK BACK RECOVER TO TRIPLE CHA FORWARD ; ; THRU TO AIDA TO TRIPLE CHA BACK ; ;**  
**5-8 SWITCH CROSS ; VINE TWO & CHA ; FENCE LINE ; CUCARACHA ;**

**INTERLUDE 1**

**1-4 TRAVELING DOOR TWICE ; ; CUCARACHA TWICE ; ;**

**REPEAT PART A [MODIFY 7-8]**

**1-4 SHOULDER TO SHOULDER TWICE ; ; SPOT TURN TWICE ; ;**  
**5-8 NEW YORKER TWICE ; ; FORWARD AND BACK BASIC TO HANDSHAKE ; ;**

**REPEAT PART C**

**1-4 TRADE PLACES TWICE ; ; TRADE PLACES TO VARSOUV RLOD ; WHEEL TWO & CHA TO LOD ;**  
**5-8 SLIDING DOOR ; ROCK APART & FACE CHA TO CP ; CROSS BODY TO BFLY WALL ; ;**

**REPEAT PART D**

**1-4 BREAK BACK TO TRIPLE CHA FORWARD ; ; THRU TO AIDA TO TRIPLE CHA BACK ; ;**  
**5-8 SWITCH CROSS ; VINE TWO & CHA ; FENCE LINE ; CUCARACHA ;**

**INTERLUDE 2**

**1-4 HALF BASIC TO FAN ; ; STOP AND GO HOCKEY STICK ; ;**

**5-6 HOCKEY STICK TO BFLY ; ;**

**REPEAT PART A**

**1-4 SHOULDER TO SHOULDER TWICE ; ; SPOT TURN TWICE ; ;**

**5-8 NEW YORKER TWICE ; ; BASIC ; ;**

**ENDING**

**1-4 CHASE WITH UNDERARM PASS TO COH ; ; REVERSE UNDERARM TURN ;  
UNDERARM TURN ;**

**5-8 CHASE WITH UNDERARM PASS TO WALL ; ; FENCE LINE IN 4 ; FENCE  
LINE ;**

**9-12 CRAB WALKS ; ; AIDA ; SWITCH ROCK ;**

**13-14 CUCARACHA ; SIDE CORTE & HOLD ;**