

GOOD MORNIN' LIFE

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MUSIC: Good Mornin' Life by Dean Martin download from Walmart.com .99 cents
49 RPM or Slow for comfort

FOOTWORK: Opposite (Woman in parenthesis)

RHYTHM: Roundalab Phase V Quickstep

SEQUENCE: Intro-ABC-ABC(Mod)-END

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INTRO

1-4 IN SHADOW DW LEFT FEET FREE FOR BOTH WAIT; SWAY L & R; RUNNING FWD LKS w/DOUBLE LK ENDING;;

In shdw DW L free for both with L hnds joined man's R hnd on lady's R shldr lady's R hnd extended to sd wt;
[Sway L & R {SS}] With bdy sway sd L,-, sd R,-;
[Running Fwd Lk w/Dbl Lk Ending {QQQQQQQQ}] Fwd L, XRib of L, fwd L, fwd R; Fwd L, XRib of L, fwd L, XRib of L;

PART A

1-8 SHADOW WHISK;,, PICK UP LADY IN TWO DW;,, CROSS CHASSE LOD;; FWD LK,, DOUBLE REV BJO DW;; RUNNING FWD LKS w/DOUBLE LK ENDING;;

[Shdw Whisk {SSS}] DW Fwd L, -, fwd & sd R start rise to ball of ft, -, XLib of R cont to full rise on ball of ft, -,
[PU Lady In Two {SQQ (SS)}] Fwd R raise L hnds up and release, -; Join ld hnds small sd L, blend to CP DW cl R (W fwd R raise L hnds and release,-; Bring L hnd over to M's R shldr fwd L trng LF, - blend to CP DRC),
[X Chasse {SQQS}] Fwd L, -; Fwd & sd R slight trn LF, cl L, fwd R blend to BJO LOD, -; (W bk R, -; Bk & sd L slight trn LF, cl R, bk L blend to BJO RLOD, -);
[Fwd Lk Dbl Rev {QQSS - - (QQSSQQ)}] Fwd L, XRib of L, fwd L start trn LF, -; Sd R spn LF, -, bring L ft under bdy next to R no wgt, hold blend BJO DW (W Bk R, XLif of R, bk R start trn LF, -; Cl L to R heel trn, -, sd R, XLif of R blend BJO DRC);
[Running Fwd Lk With Dbl Lk Ending {QQQQQQQQ}] Fwd L, XRib of L, fwd L, fwd R; Fwd L, XRib of L, fwd L, XRib of L (W Bk R, XLif of R, bk R, bk L; Bk R, XLif of R, bk R, XLif of R);

9-17 HOVER TELEMAR DW; OPEN NAT; QUICK BK BK LK BK; RUNNING FINISH DC; FWD FWD LK; OPEN TELEMAR;,, IN & OUT RUNS;,, w/QUICK EXTENDED ENDING SCP DW;;

[Hvr Tel {SQQ}] DW Fwd L, -, fwd R rise slightly trn RF, fwd L blend SCP DW (W bk R, -, bk L rise slightly trn RF, fwd R blend SCP DW);
[Op Nat {SQQ}] Fwd R heel to toe trng RF, -, sd L across line cont RF upper bdy turn to ld ptr to step outsd bk R with R sd ld blending BJO DRC (W fwd L, -, fwd R CP, fwd L outsd ptr with L sd ld BJO DW);
[Qk Bk Lk Bk Bk {QQQQ}] Bk L, bk R, XLif, bk R (W fwd R, fwd L, XRib, fwd L);
[Running Finish {SQQ}] With R sd ld bk L in BJO ld lady to step outsd ptr start RF trn, -, with R sd stretch sd & slightly fwd R comp trn DC, fwd L with L sd ld BJO DC (W With L sd ld fwd R in BJO outsd ptr start RF trn, -, with L sd stretch sd L comp trn fc DRW, bk R with R shldr ld BJO DRW);
[Fwd Fwd Lk {SQQ}] DC Fwd R outsd ptr L sd ld, -, fwd L with L sd stretch, XRib (W DRW bk L outsd ptr R sd ld, -, bk R with R sd stretch, XLif);
[Op Tel {SSS}] Fwd L start LF trn, -, sd R cont LF trn, -; Sd & fwd L blend SCP DW (W Bk R start LF trn bring L beside R with no wgt, -, cont LF trn heel to toe take wgt of L, -; Sd & fwd R blend SCP DW), -,
[In & Out Runs {SQQ}] Fwd R start trng RF, -; Sd & bk L across LOD in front of Lady CP, bk R with R sd ld blend BJO DRC (W Fwd L, -; fwd R btwn M's feet, fwd L blend BJO DW with L sd ld),

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[w/QUICK Extended Ending {SQQQQ}] Bk L, -; Sd & fwd R trng RF, fwd L SDCAR LOD outsd ptr, fwd R btwn Lady's feet heel to toe, fwd L blend to SCP DW (W Fwd R, -; Sd & bk L trng RF, bk R SDCAR RLOD outsd ptr, bk & sd L trng RF, fwd R blend SCP DW);

PART B

1-10 OPEN NAT; RUNNING FINISH LOD; MANEUVER SIDE CLOSE; OPEN IMPETUS;; THRU JETE PT;,,, FLICK & POINT HOLD;; SIDE QUICK CONTRA CHECK REC; SIDE BJO DC QUICK OPEN REV;;

[Op Nat {SQQ}] Repeat meas 10 of part A;

[Running Finish {SQQ}] Repeat meas 13 of part A end LOD (W RLOD);

[Manuv {SQQ}] Fwd R outsd ptr trng RF, -, sd L cont trn, cl R to L CP RLOD;

[Op Imp {SSS}] Start upper bdy RF trn bk L, -, cl R to L heel to toe cont trn chg wgt to R, -; Sd & fwd L SCP LOD (W Start upper bdy RF fwd R btwn M's feet, -, sd & bk L cont trn, -; Sd & fwd R SCP LOD), -,

[Thru Jete PT {S&Q--}] Fwd R ld lady to pu, -; Cl L to R/lower & qk spring R ft to sd look in dir of extended ft, -, - (W fwd L trng LF to CP RLOD, -; Cl R to L/lower & qk spring L ft to sd look dir of extended ft, -, -),

[Flk & Pt Hold {&Q----}] Like striking a match flk R behnd L/PT R to sd (W L); Hold, -, -, -;

[Sd Qk Contra Ck Rec {SQQ}] Sd R, -, start LF upper bdy trn flex knees with strong R sd ld ck fwd L, rec R (W Sd L, -, start LF upper bdy trn flex knees with strong L sd ld bk R, rec L);

[Sd BJO Qk Op Rev {SSQQS}] Sd & fwd L blend BJO DC, -, fwd R, -; Fwd L start 3/8 LF trn heel ld, sd & bk R comp trn, bk L RLOD, - (W Sd & bk R blend BJO DRW, -, bk L, -; Bk R start 3/8 LF trn, sd & fwd L comp trn, fwd R LOD, -);

11-15 BK CHASSE BJO;,, MANEUVER SIDE CLOSE;,, OVERSPIN TURN;; R TURNING LK;

[Bk Chasse BJO {SQQS}] Bk R trng LF fc wall, -, sd L, cl R to L; Sd & fwd L blend BJO DW (W fwd L trng LF fc COH, -, sd R, cl L to R; Sd & bk R blend BJO DRC), -,

[Manuv {SQQ}] Repeat meas 3 of part B;,, -;

[Overspin Trn {SSS}] Bk L start 7/8 RF pvt, -; Fwd R staying btwn W's feet heel to toe leaving L leg extended, -, comp trn bk L DRW (W fwd R btwn M's feet heel to toe start 7/8 RF pvt, -; bk L, -, comp trn fwd R DC), -;

[R Trng Lk {QQQQ}] Bk R bkg LOD with R sd ld start RF trn, XLif of R cont trn, with slight R sd stretch cont trn upper bdy RF sd & fwd R btwn Lady's ft, fwd L blend SCP LOD (W fwd L with L sd ld start RF trn, XRib of L, with slight L sd stretch fwd & sd L cont RF trn, fwd R blend SCP LOD);

PART C

1-10 THRU QK SCOOP; TO FISHTAIL; CLOSE TELEMARCK LOD;,, FWD FWD LK;,, DRAG HESITATION;,, BK TO RUNNING BK LKS;;; TIPPLE CHASSE & FWD LK;;

[Thru Qk Scoop To {SQQ}] Thru R ld lady to CP/DW, -, slide L with L sd stretch, trn LF cl R to L CP DC (W thru L CP DRC, -, slide R with R sd stretch, trn LF cl L to R CP DRW);

[Fshtl {QQQQ}] Blend to BJO DC X Lib of R, sd R, fwd L with L shldr ld, XRib of L (W blend BJO DRW XRif of L, sd L, bk R with R shldr ld, XLif or R);

[Cl Tel LOD {SSS}] Fwd L start LF trn, -. sd R cont LF trn, -; Sd & fwd L blend BJO LOD (W Bk R start LF trn, -, bring L beside R with no wgt cont trn LF take wgt of L, -; Sd & bk blend BJO RLOD), -,

[Fwd Fwd Lk {SQQ}] Fwd R outsd ptr, -; Fwd L, XRib (W bk L outsd ptr, -; Bk R, XLif),

[Drg Hes {SQQ}] Fwd L start LF trn, -; Sd R cont LF trn, draw L to R blend to BJO DRC (W Bk R start LF trn, -; Sd L cont LF trn, draw R to L blend BJO DW),

[Bk To Running Bk Lks {SQQQQQS}] Bk L, -; Bk R, XLif of R, bk R, bk L; Bk R, XLif of R, bk R, -(W Fwd R, -; Fwd L, XRib of L, fwd L, fwd R; Fwd L, XRib of L, fwd L, -);

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[**Tipple Chasse & Fwd Lk {SQQSQQ}**] With RF upper bdy trn bk L trng RF, -, sd R with slight L sd stretch trng RF, cl L; Sd & slightly fwd R blend BJO DW, -, fwd L, XRif of L (W with RF upper bdy trn fwd L trng RF, -, sd L with slight R sd stretch trng RF, cl R; Sd & slightly bk L blend BJO DRC, -, bk R, XLib of R);

PART A

- 1-8 WHISK;,, PICK UP DW;,, CROSS CHASSE LOD; FWD LK,, DOUBLE REV DW;,, RUNNING FWD LKS w/DOUBLE LK ENDING;,,**
[**Whisk {SSS}**] Fwd L, -, fwd & sd R start rise to ball of ft, -; XLib of R cont to full rise on ball of ft (W bk R, -, bk & sd L start rise to ball of ft, -, XRif of L cont to full rise of ball of ft), -,
[**PU {SQQ}**] Small fwd R ld Lady to CP, -; Sd L, cl R to L DW (W small fwd L blend CP DRC, -; Sd R, cl L to R), Repeat rest of meas 3 thru 8;,,;,,;
- 9-17 HOVER TELEMARK DW; OPEN NAT; QUICK BK BK LK BK; RUNNING FINISH DC; FWD FWD LK; OPEP TELEMARK;,, IN & OUT RUNS;,, w/QUICK EXTENDED ENDING SCP DW;,,**

PART B

- 1-10 OPEN NAT; RUNNING FINISH LOD; MANEUVER SIDE CLOSE; OPEN IMPETUS;,, THRU JETE PT;,, FLICK & POINT HOLD;,, SIDE QUICK CONTRA CHECK REC; SIDE BJO QUICK OPEN REV;,,**
- 11-15 BK CHASSE BJO;,, MANEUVER SIDE CLOSE;,, OVERSPIN TURN;,, R TURNING LK;**

PART C (MOD)

- 1-8 THRU QK SCOOP; TO FISHTAIL; CLOSE TELEMARK LOD;,, FWD FWD LK;,, DRAG HESITATION;,, BK TO RUNNING BK LKS;,,**

ENDING

- 1-2 OP IMP;,, THRU JETE PT;,,**
Repeat meas 4&5 of part B;,,