GOOD MORNIN’ LIFE

CHOREO: Pat Black with John Mowle, 1003-2625 Regina St. Ottawa, ON, Canada K2B 5W8
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MUSIC: Good Mornin’ Life Artist: Dean Martin, CD Dean Martin “The Capital Years”
   Disc 2, trk. 7 Download available @ ITunes.com
RHYTHM: Quickstep PHASE: IV
FOOTWORK: Man (Lady)  DEGREE OF DIFFICULTY: Average
TEMPO: Time@mpm 2:00@45  Original: 2:10@41.5  RELEASED: FEB. 2014
SEQUENCE: INTRO A B C INTRL A B C END

INTRO

1 - 4  WAIT; WAIT; SLOW UNDERARM TURN IN FOUR TO CLOSED;

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{Wait 2 Meas} Facing DLW IN BFLY w lead feet free, wait two measures ;;

SSSS  {Slow Underarm Trn in 4 to closed} w/ lead hnds jnd fwd L, -, R, -; L, -, R,
(trg slwly RF undr jnd ld hnds R, -, L, -; R, -, L,) to CP -;

PART A

1 - 4  FORWARD ~ QUARTER TURN;; BACK ~ CHASSE TO CENTER ~ FORWARD;;

S SQQS {Forward Qtr tm} Fwd L, -, fwd R trng ¼ RF, -; chasse sd L, R, L, -;
S QQS S {Bk, Chasse to Ctr, Fwd} Bk diag ctr R, -, chasse to ctr L, R, L, -, Fwd R, -;
5 - 8  TWO LEFT TURNS;; WALK & CHECK; FISH TAIL;

SQQ SQQ {Two left turns} Fwd L trng LF, -, sd R, cl L CP DRW; Bk R trng LF, -, sd L, cl R CP DLW;
SS QQQQ {Walk & Check; Fishtail} Fwd L, -, fwd R DLW to BJO ckg, -; In BJO xLib but not tightly, as
body strts to trn RF take a sm Stp to sd on R compg ¼ RF body trn, fwd L w/left shldr ld,
xRib but not tightly;

PART B

1 – 4  VIENNESE TURNS;; TWICE;;

SQQ SQQ {Viennese Turns} Fwd L, -, fwd R trng LF, xLif (bk R, -, trng LF small stp fwd L, cl R);
   bk R, -, trng LF small fwd L fc LOD, cl R (fwd L, -, fwd R trng LF, xLif);
SQQ SQQ {Twice} Repeat two previous Meas;;
5 – 8  FORWARD TWO IN BANJO; FORWARD LOCK FORWARD; MANUVER;
   PIVOT TWO TO LINE;

SS  {Forward 2 in BJO} BJO Fwd L, -, Fwd R, -;
QQS  {Forward lock forward} Fwd L, xRib, fwd L, -;
SQQ  {Manuver} Fwd R outsd W’s ft trng RF in frnt of W, -, sd L, cl R RLOD;
SS  {Pivot two to line} bk L trng on ball of ft ¼ RF, -, contg trn fwd R
   between W’s ft trng ¼ RF to CP LOD, -;

PART C

1 - 4  SLOW HOVER TELEMARK ~ THROUGH;;
   SLOW WHIPLASH TO BANJO; ROCK BACK & RECOVER;

SSS S {Slow Hover Telemark} Fwd L in CP, -, sd & fwd R trng RF leading W to trn RF, -;
   fwd L, (bk R, -, sd & bk L trng RF, -; sd & fwd R,) tp SCP -,
   {Through} thru R LOD, -;
SS  {Slow whiplash to banjo} Staying on R ft pt L ft fwwd sharply trng W LF, -, stand up to stretch the
   lead side slowly shaping a line to BJO, -;
SS  {Rock back & recovery} bk L, -, rec R, -;
5 - 8  RUNNING FORWARD LOCKS;; MANUVER; PIVOT TWO TO WALL;

QQQQQQ{Running fwd locks} In BJO w M’s left shldr ldg fwwd L, lk Rib (Lif), fwwd L, fwwd R;
   Fwd L, lk Rib (Lif), fwwd L, -;
SQQ  {Manuver} Fwd R outsd W’s feet trng RF in frnt of W, -, sd L, cl R to CP RLOD;
SS  {Pivot two to WALL} bk L to trng on ball of ft 3/8 RF, -, contg trn fwwd R
   between W’s ft trng 3/8 RF to end in BFLY fwwd WALL, -;
**GOOD MORNING’S LIFE CONT’D**

9 - 16 **SLOW TWISTY VINE FOUR;; CIRCLE AWAY IN FOUR TO OPEN;;**

**CHARLESTON POINTS;; TWICE TO BUTTERFLY;;**

SSSS  
{(Slow twisty vine four) in BFLY sd L, (sd R,) -; trng RF, Xib R, (Xif L,) -;  
sd L, (sd R) -, turning LF, Xif R, (Xib L,) -;}

SSSS  
{(Circle away in four to open) Trng CCW Fwd L, - R, -; L, -, R, to open fcg LOD  
(Trng CW, Fwd R, -, L, -; R, -, L, to open fcg LOD) -;}

SSSS  
{(Charleston Pts) In OP LOD w/ trailing hnds jnd fwd L, -,  
pt R fwd both looking away from ptr, -;  
Bk R, -, pt L bk both looking twd ptr w/ ld hnds touching;}

SSSS  
{(Twice) Repeat two previous meas to BFLY ;;}

**INTERLUDE**

1 – 2 **SLOW UNDERARM TURN IN FOUR TO CLOSED;;**

SSSS  
{(Slow Underarm Trn in 4 to closed) w/ lead hnds jnd fwd L, -, R, -; L, -, R,  
(trng slwly RF undr jnd ld hnds R, -, L, -; R, -, L,) to CP -;}

**END**

1 – 2 **STEP SIDE & HOLD; QUICK WRAP POINT;;**

S --  
{(Step Sd & Hld) In BFLY Stp sd L, -; hold, -;}

QQ Q  
{(Quick wrap, point) Sd R, cl L wrapping W under lead arm  
(stp L trng Lfc ½, cl R to a WRP twd M’s left side), pt R RLOD (pt L LOD) & look at ptr.,}