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 Released July 2011

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 fwr R raise L hnds and release, -; Bring L hnd over to M’s R shldr fwr L trng LF, - blend to CP DRC),
[X Chasse {SQQS}] Fwd L, -, Fwd & sd R slight trn LF, cl L, fwr R blend to BJO LOD, -; (W bk R, -, Bk & sd L slight trn LF, cl R, bk L blend to BJO RLOD, -);
[Running Fwd Lk Dbl Rev {QQSS - - (QQSSQQ)}] Fwd L, XRib of L, fwr 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, XLib of R, bk R start trn LF, -; Cl L to R heel trn, - , sd R, XLib of R blend BJO DRC);
[Running Fwd Lk With Dbl Lk Ending {QQQQQQQQ}] Fwd L, XRib of L, fwr L, fwr R; Fwr L, XRib of L, fwr L, XRib of L (W Bk R, XLib of R, bk R, bk R, Bk R, XLib of R, bk R, XLib of R);
9-17 HOVER TELEMARK DW; OPEN NAT; QUICK BK BK BK BK; RUNNING FINISH DC; FWD FWD LK; OPEN TELEMARK,; IN & OUT RUNS;“; w/QUICK EXTENDED ENDING SCP DW;;
[Hvr Tel {SQQ}] DW Fwr L, -, fwr L rise slightly trn RF, fwr L blend SCP DW (W bk R, -, bk L rise slightly trn RF, fwr blend SCP DW);
[Op Nat {SQQ}] Fwr R heel to toe trng RF, - ; sd L across line cont RF upper bdy turn to ld ptr to step outsdk bk R with R sd ld blending BJO DRC (W fwr L, -, fwr R CP, fwr L outsdk ptr with L sd ld BJO DW);
[Qk Bk Lk Bk Bk {QQQQ}] Bk L, bk R, XLib, bk R (W fwr R, fwr L, XRib, fwr L);
[Running Finish {SQQ}] With R sd ld bk L in BJO ld lady to step outsdk ptr start RF trn, -, with R sd stretch sd & slightly fwr R comp trn DC, fwr L with L sd ld BJO DC (W With L sd ld fwr R in BJO outsdk 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 Fwr L outsdk ptr L sd ld, -, fwr L with L sd stretch, XRib (W DRW bk L outsdk ptr R sd ld, -, bk R with R sd stretch, XLib);
[Op Tel {SSS}] Fwr L start LF trn, -, sd R cont LF trn, -, Sd & fwr 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 & fwr R blend SCP DW, - ,
[In & Out Runs {SQQ}] Fwr R start trng RF, - ; Sd & bk L across LOD in front of Lady CP, bk R with R sd ld blend BJO DRC (W Fwr L, -, fwr R btwn M’s feet, fwr L blend BJO DW with L sd ld),
GOOD MORNIN’ LIFE Part A Contd
[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 ffd R btwn M’s feet, -, sd & bk L cont trn, -; & 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 stricking 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 ffd 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 {SSQS}] Sd & fwd L blend BJO DC, -; ffd 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, ffd R RLOD, -);

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 ffd 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 ffd R btwn M’s feet heel to toe start 7/8 RF pvt, -; bk L, -, comp trn ffd 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, ffd L blend SCP LOD (W ffd L with L sd ld start RF trn, XRib of L, with slight L sd stretch ffd & sd L cont RF trn, ffd R blend SCP LOD);

PART C

1-10 THRU QK SCOOP; TO FISHTAIL; CLOSE TELEMARK 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, ffd 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);
[Ci 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, ffd L, ffd R; Fwd L, XRib of L, ffd L, -);
GOOD MORNIN’ LIFE Part C Contd

[Tipple Chasse & Fwd Lk {SQSQQQ}] 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/DDOUBLE 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, -, XRib 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;,