

# Good Morning Sunshine!

**COPPER** KNOB  
STEPSHEETS

Count: 48

Wand: 4

Ebene: Unrated Beginner

Choreograf/in: Elke Weinberger (NL)

Musik: Good Morning Sunshine - Aqua



½ RIGHT  
SAILOR TURN,  
FORWARD, ¼  
LEFT HIP  
BUMPS  
TWICE,  
TOGETHER,  
SIDE TOUCH,  
SWEEP TO  
TOUCH  
TOGETHER,  
SWEEP, ½  
LEFT TURN

1&2 : Cross  
right behind left,  
execute ½ turn  
right and step  
left to left, step  
right to right  
Step left forward

&4 : Execute ¼  
turn left and  
then step right  
to right  
(bumping hips  
to right), recover  
hips to centre  
&5 : Execute ¼  
turn left and  
then step right  
to right  
(bumping hips  
to right), recover  
hips to centre

&6 : Step right  
beside left,  
touch left toe to  
left

7 : Sweep left in  
a clockwise  
motion drawing  
a semi-circular  
arc so that you  
will end with  
your left toe  
touch close  
together next to  
right

8 : Sweep left around in a counter-clockwise motion drawing from front to back. As you complete the sweep, execute a sharp and quick  $\frac{1}{2}$  turn left on ball of right (weight remains on right)

**SAILOR STEP,  
TRAVELLING  
LEFT FULL  
RIGHT TURN,  
BALL-  
CROSSES,  
SIDE SLIDE,  $\frac{1}{4}$   
LEFT TURN**

9&10 : Step left behind right, step right to right, step left to left

11-12 : Execute  $\frac{1}{2}$  turn right and then step right to right, execute another  $\frac{1}{2}$  turn right and then step left to left  
&13&14: Step right beside left, cross left over right, step right beside left, cross left over right

15-16 : Slide right to right (taking long step), slide left to right as you execute  $\frac{1}{4}$  turn left (weight ends on left)

**FORWARD,  
HIP ROLLS  
TWICE, FULL  
LEFT SPIRAL  
TURN, FULL  
LEFT PADDLE  
TURN**

17-19 : Step  
right forward,  
roll hips twice in  
a counter-  
clockwise  
motion (weights  
ends on right)

20 : Execute a  
full turn left on  
ball of right  
(weight remains  
on right). You  
should end the  
turn with your  
left crossed  
over right

21& : Execute  
 $\frac{1}{4}$  turn left and  
then step left  
forward, lock  
step right  
behind left

22& : Execute  
 $\frac{1}{4}$  turn left and  
then step left  
forward, lock  
step right  
behind left

23&24 :  
Execute  $\frac{1}{4}$  turn  
left and then  
step left  
forward, lock  
step right  
behind left,  
execute last  $\frac{1}{4}$   
turn left and  
then step left  
forward

**MAMBO  
CROSS,  
DIAGONAL  
ROCK,  
RECOVER,  
BEHIND,  $\frac{1}{4}$   
RIGHT TURN,  
 $\frac{1}{2}$  RIGHT  
TURN, SAILOR  
CROSS**

25&26 : Rock  
right to right,  
recover weight  
onto left, cross  
right over left

&27-28: Rock  
left towards left  
diagonal,  
recover weight  
onto right, step  
left behind right  
29-30 : Execute  
 $\frac{1}{4}$  turn right and  
then step right  
forward,  
execute another  
 $\frac{1}{2}$  turn right and  
then step left to  
left  
31&32 : Step  
right behind left,  
step left to left,  
cross right over  
left

**SIDE ROCK,  $\frac{1}{4}$   
RIGHT  
COASTER  
TURN,  
FORWARD  
MAMBO, BACK  
MAMBO  
TOUCH**

33-34 : Rock left  
to left, recover  
weight onto  
right

35&36 : Step  
left back,  
execute  $\frac{1}{4}$  turn  
right and then  
step right  
beside left, step  
left forward

37&38 : Rock  
right forward,  
recover weight  
onto left, step  
right beside left

39&40 : Rock  
left back,  
recover weight  
onto right, touch  
left toe beside  
right

**FULL TURN  
RIGHT,  
TOGETHER  
TOUCH,  
SCISSOR  
CROSS, SIDE  
CHASSE**

41-44 : Step left forward, pivot  $\frac{1}{2}$  turn right (weight ends on right), execute another  $\frac{1}{2}$  turn right and then step left back, touch right toe beside left  
45&46 : Step right to right, step left beside right, cross right over left  
47&48 : Step left to left, step right beside left, step left to left

## **REPEAT**

### **24-COUNTS**

#### **TAG**

At the end of both the 2nd and 6th rotation, you will be facing 6 O?

Clock wall. Add in the below 24 counts-tag.

After the tag, start dancing

3rd and 7th rotation facing 6 O? Clock wall.

Note : This tag comprises of an 8-count

extension to complete the chorus cycle and a further 16 counts to bridge the musical instrumental segment.

#### **$\frac{1}{2}$ LEFT HIP**

#### **BUMP TURNS**

#### **TWICE, FRONT**

#### **SAILOR, $\frac{1}{2}$**

#### **RIGHT HIP**

#### **BUMP TURNS**

#### **TWICE, FRONT**

#### **SAILOR**

&1 : Execute  $\frac{1}{2}$   
turn left and  
then step right  
to right  
(bumping hips  
right), return  
hips to centre

&2 : Execute  $\frac{1}{2}$   
turn left and  
then step right  
to right  
(bumping hips  
right), return  
hips to centre

3&4 : Cross  
right over left,  
step left to left,  
step right to  
right

&5 : Execute  $\frac{1}{2}$   
turn right and  
then step left to  
left (bumping  
hips left), return  
hips to centre

&6 : Execute  $\frac{1}{2}$   
turn right and  
then step left to  
left (bumping  
hips left), return  
hips to centre

7&8 : Cross left  
over right, step  
right to right,  
step left to left

**$\frac{1}{2}$  RIGHT  
TURNING  
CURVATURE  
LOCK STEPS,  
 $\frac{3}{4}$  LEFT  
TURNING  
CURVATURE  
TRAVELLING  
BALL-  
CROSSES,  
SIDE SLIDE**

9-10 : Step right  
forward, lock  
step left behind  
right

11&12 : Step  
right forward,  
lock step left  
behind right,  
step right  
forward

*On counts 9-12  
curve the lock  
steps so that it  
completes a ½  
turn right*

13&14&15:  
Cross left over  
right, step right  
beside left,  
cross left over  
right, step right  
beside left,  
cross left over  
right

16 : Slide right  
to right (taking  
long step)

*On counts*

*13-15 curve the  
ball crosses so  
that it completes  
a ¾ turn left.*

**½ LEFT  
TURNING  
CURVATURE  
LOCK STEPS,  
¾ RIGHT  
TURNING  
CURVATURE  
TRAVELLING  
BALL-  
CROSSES,  
SIDE SLIDE**

17-18 : Step left  
forward, lock  
step right  
behind left

19&20 : Step  
left forward, lock  
step right  
behind left, step  
left forward

*On counts*

*17-18 curve the  
lock steps so  
that it completes  
a ½ turn left*

21&22&23:  
Cross right over  
left, step left  
beside right,  
cross right over  
left, step left  
beside right,  
cross right over  
left

24 : Slide left to left (taking long step)

*On counts*

*21-23 curve the ball crosses so that it completes a  $\frac{3}{4}$  turn right.*

## **12 COUNTS**

### **TAG**

At the end of the 4th rotation, you will be facing 12 O? Clock wall. Add in the below 12 counts-tag.

After the tag, start dancing

5th rotation

facing 12 O?

Clock wall.

Note : This tag comprises of an 8-count extension to complete the chorus cycle and a further 4 counts for the extra beats

## **$\frac{1}{2}$ LEFT HIP**

### **BUMP TURNS**

**TWICE, FRONT**

**SAILOR,  $\frac{1}{2}$**

**RIGHT HIP**

**BUMP TURNS**

**TWICE, FRONT**

**SAILOR**

&1 : Execute  $\frac{1}{2}$  turn left and then step right to right

(bumping hips right), return hips to centre

&2 : Execute  $\frac{1}{2}$  turn left and then step right to right

(bumping hips right), return hips to centre

3&4 : Cross right over left, step left to left, step right to right

&5 : Execute  $\frac{1}{2}$   
turn right and  
then step left to  
left (bumping  
hips left), return  
hips to centre

&6 : Execute  $\frac{1}{2}$   
turn right and  
then step left to  
left (bumping  
hips left), return  
hips to centre

7&8 : Cross left  
over right, step  
right to right,  
step left to left

### **JAZZ BOX**

9-12 : Cross  
right over left,  
cross left over  
right, step right  
back, step left  
beside right

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