

# Good Morning

**COPPER KNOB**  
STEPPERS

拍數: 48      牆數: 4      級數: Beginner - warm up  
編舞者: Jo Thompson Szymanski (USA) & Machel Cook Holloway (USA) - February 2013  
音樂: Good Morning (feat. TobyMac) - Mandisa



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Alt. music: Sweet Home New Orleans by Scooter Lee

## [1-8] 3 WALKS FORWARD, KICK, 3 WALKS BACK, TOUCH

1-4      Walk forward R, L, R, Kick L forward  
5-8      Walk back L, R, L, Touch R beside L

## [9-16] 4 STEP TOUCHES

1-2      Step R to right, Touch L beside R  
3-4      Step L to L, Touch R beside L  
5-6      Step R to right, Touch L beside R  
7-8      Step L to L, Touch R beside L

**Note:** On the step touches you may do different variations to warm up different parts of the body.

**Try these:** Step touches with snaps, claps or shoulder rolls Step, heel forward Step, toe back Step, kick Step, knee lift Make up your own variations!

## [17-32] REPEAT WALKS FORWARD & BACK, 4 STEP TOUCHES 1-16 Repeat above counts 1-16

## [33-48] VINE R, TOUCH, VINE L, TURN 1/4 L\*, VINE R, TOUCH, VINE L, TOUCH

1-4      Step R to right, Step L behind R, Step R to right, Touch L beside R  
5-8      Step L to left, Step R behind L, Turn 1/4 left step L forward, Touch R beside L

1-4      Step R to right, Step L behind R, Step R to right, Touch L beside R  
5-8      Step L to left, Step R behind L, Step L to left, Touch R beside L

**\*Note:** For a one wall version of this dance delete the 1/4 turn on the vine.

Also, instead of vines you may do basics: Side, Together, Side, Touch, etc.

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