

Good Morning Cha Cha

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Music: „Good Morning” - Mandisa & TobyMac - Album: “What If We Were Real” or Download Amazon, [3:23 min.](#)
Rhythm & Phase: CH, Phase IV+1(Dbl Cuban Brk)+2(Ronde Cha Cha Box, Chase Full Trn)
Timing: 1,2,3&,4; throughout, unless noted - reflects actual weight changes
Footwork: opposite unless noted (Woman’s footwork in parentheses)
Sequence: Intro – A – B – A – B – C – Inter – D – Bmod – B – End

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INTRODUCTION

1-4 WAIT 4 MEAS ; ; ; ;

1-4 **{Wait 4}** In V Bk-Bk pos („Aida Line“) M fcg DRC (*W fcg DRW*) w/lft free & ptd fwd and jnd ldarms extended to RLOD wait 4 meas ; ; ; ;

5-8 SWITCH CROSS ; CRAB WALK ENDING ; SPOT TURN ; DOUBLE CUBAN BREAK ;

5 **{Switch X}** Trng LF to fc ptr & bringing jnd hnds thru twd LOD rk sd L, rec sd R to BFLY WALL, XLif of R/sd R, XLif of R ;
6 **{Crab Wk Endg}** Stp sd R, XLif of R, sd R/cl L, sd R still in BFLY WALL (*W sd L, XRif of L, sd L/cl R, sd L*) ;
7 **{Spot Trn}** Releasg trlhnds XLif of R trng ½ RF bringing jnd ldhnds thru to RLOD, release ldhnds and rec R trng RF to BFLY, sd L/cl R, sd L ;
8 **{Dbl Cuban Brk (1&,2&,3&,4;)}** XRif of L/rec L, sd R/rec L, XRif of L/rec L, sd R (*W XLif of R/rec R, sd L/rec R, XLif of R/rec R, sd L*) still in BFLY WALL ;

PART A

1-4 BASIC ; ; NEW YORKER ; CRAB WALK HALF ;

1-2 **{Basic}** In BFLY WALL rk fwd L, rec bk R, sd L/cl R, sd L ; Rk bk R, rec fwd L, sd R/cl L, sd R ;
3 **{NY}** Swlvg RF on R stp thru L to LOP RLOD, rec bk R to fc ptr, stp sd L/cl R, sd L to BFLY, - ;
4 **{Crab Wk ½}** XRif of L, sd L, XRif/sd L, XRif (*W XLif of R, sd R, XLif/sd R, XLif*) to BFLY WALL ;

5-8 TRAVELING DOOR 2X ; ; CIRCLE AWAY & TOGETHER ; ;

5-6 **{Trav Door 2x}** Rk sd L, rec sd R, XLif/sd R, XLif (*W Xif too*) ; Rk sd R, rec L, XRif/sd L, XRif ;
7-8 **{Circle Away & Tog}** Releasg hnds move away from ptr in a LF circular pattern fwd L, fwd R, fwd L/cl R, fwd L to fc RLOD ; Finishing the circular pattern move fwd R, fwd L, fwd R/cl L, fwd R to fc ptr & WALL w/Lady slightly to M's R sd jn ldhnds ;

9-12 LARIAT ; ; CUCARACHA IN 4 ; SIDE, DRAW, CLOSE ;

9-10 **{Lariat}** Leadg W to circle CW w/jnd ld hnds rk sd L w/partial weight and hip action, rec R, sip L/R, L ; Rk sd R w/partial weight and hip action, rec L, sip R/L, R to BFLY WALL, - ; (*W does a CW circle around ptr fwd R, fwd L, fwd R/L, R ; Fwd L, fwd R, fwd L/R, L to BFLY ;*)
11 **{Cuca 4 (1,2,3,4;)}** In BFLY WALL rk sd L w/partial weight & hip action, rec sd R, cl L, sip R ;
12 **{Sd Draw Cl (1,-,3,-)}** Stp sd L, draw R to L, cl R to L in BFLY WALL, - ;

PART B

1-4 CHASE WITH FULL TURNS ; ; RONDE CHA CHA BOX ; ;

1-2 **{Chase Full Trn}** Releasg hnds stp fwd L trng ½ RF, fwd R trng ½ RF, bk L/XRif, bk L (*W rk bk R, rec fwd L, fwd R/XLib, fwd R*) ; Rk bk R, rec fwd L, fwd R/XLib, fwd R (*W fwd L trng ½ RF, fwd R trng ½ RF, bk L/XRif, bk L*) to BFLY WALL ;
3-4 **{Ronde Box}** In BFLY WALL ronde L leg CW to XLif of R, stp sd R, bk L/ik Rif, bk L (*W ronde R leg CW to XRif of L, sd L, fwd R/ik Lib, fwd R*) ; Ronde R leg CW to XRif of L, sd L, fwd R/ik Lib, fwd R (*W ronde L leg CW to XLif of R, stp sd R, bk L/ik Rif, bk L*) ;

5-8 SHOULDER TO SHOULDER ; UNDERARM TURN ; BREAK TO OPEN ; AIDA ;

5 **{Shldr-Shldr}** Rk fwd L outsd ptr to BFLY SCAR, rec R to fc ptr, sd L/cl R, sd L to BFLY WALL ;
6 **{Undrm Trn}** Releasg trlhnds rk bk R twd DLC ld W to trn RF undr jnd ldhnds, rec fwd L, sd R/cl L, sd R (*W XLif trng ½ RF undr jnd ldhnds, rec R contg RF trn to fc ptr, sd L/cl R, sd L*) ;
7 **{Brk to OP}** Swlvg LF on R rk bk L to OP LOD, rec fwd R, fwd L/cl R, fwd L ;
8 **{Aida}** Stp thru & fwd R, trng RF sd & bk L to LOP RLOD, bk R/cl L, bk R to V Bk-Bk pos M fcg DRC ;

9-12 SWITCH CROSS ; CRAB WALK ENDING ; SPOT TURN ; DOUBLE CUBAN BREAK ;

9-12 Repeat meas 5-8 of Intro ; ; ;

PART C

1-4 SHOULDER TO SHOULDER ; WHIP ; CHASE WITH UNDERARM PASS ; :

- 1 {Shldr-Shldr} Repeat meas 5 of Part B ;
2 {Whip} In BFLY WALL rk bk R start trng LF leadg W to cross in front (*W fwd L outsd ptr to M's L side*),
rec L trng LF to fc COH leadg W across (*W step fwd & sd R across RLOD trng ½ LF*),
stp sd R/cl L, sd R to BFLY COH ;
3-4 {Chase w/Undrm Pass} Release trlhnds stp fwd L trng ½ RF, rec fwd R twd WALL, fwd L/cl R, fwd L
(*W rk bk R, rec fwd L, fwd R/cl L, fwd R to M's L sd*) ;
Rk bk R raisg jnd ldhnds leadg W to trn LF, rec fwd L, sd R/cl L, sd R
(*W fwd L start trng LF, fwd R trng ½ LF undr jnd hnds to fc ptr, sd L/cl R, sd L*) to BFLY WALL ;

5-8 FENCE LINE ; CRAB WALK HALF ; CUCARACHA IN 4 ; SIDE, DRAW, CLOSE ;

- 5 {Fence Line} In BFLY WALL rk thru L w/soft knee, rec R, sd L/cl R, sd L ;
6 {Crab Wk ½} Repeat meas 4 of Part A ;
7 {Cuca 4 (1,2,3,4;)} Repeat meas 11 of Part A ;
8 {Sd Draw Cl (1,-,3,-;)} Repeat meas 12 of Part A ;

INTER

1-4 BASIC FORWARD INTO TRIPLE CHA BACK ; ; BASIC BACK INTO TRIPLE CHA FORWARD ; ;

- 1-2 {Bas Fwd into Triple Cha (1,2,3&,4; 1&,2,3&,4;)} Fcg WALL & releasg hnds rk fwd L,
rec bk R twd COH, bk L/lk Rif, bk L ; Bk R/lk Lif, bk R, bk L/lk Rif, bk L ;
3-4 {Bas Bk into Triple Cha (1,2,3&,4; 1&,2,3&,4;)} Rk bk R, rec fwd L twd WALL, fwd R/lk Lib, fwd R ;
Fwd L/lk Rib, fwd L, fwd R/lk Lib, fwd R to fc ptr & WALL ;
note: Meas 1-4 of Inter you may tch R hndpalms, L hndpalms, ... with each fwd or bk Cha.

PART D

1-4 START CHASE TO TANDEM ; ; PEEK-A-BOO TWICE ; ;

- 1-2 {Start Chase to TANDEM} Releasg hnds rk fwd L trng ½ RF, rec fwd R, twd COH fwd L/cl R, fwd L
(*W rk bk R, rec fwd L, twd COH fwd R/cl L, fwd R*) ;
Rk fwd R trng ½ LF, rec fwd L, twd WALL fwd R/cl L, fwd R
(*W rk fwd L trng ½ RF, rec fwd R, twd WALL fwd L/cl R, fwd L*) to TANDEM WALL W in front of M ;
3-4 {Peek-A-Boo 2x} Rk sd L w/partial weight and hip action extendg arms and lookg sd at ptr
(*W look over L shldr*), takg arms back rec R, cl L/sip R, sip L ;
Rk sd R w/partial weight and hip action extendg arms and lookg sd at ptr (*W look over R shldr*),
takg arms back rec L, sip R/L, R ;

5-8 FINISH CHASE ; ; TRAVELING DOOR ; SIDE WALK ENDING ;

- 5-6 {Fin Chase} Rk fwd L, rec bk R, bk L/cl R, bk L
(*W rk fwd R trng ½ LF, rec fwd L, twd COH fwd R/cl L, fwd R*) ;
Rk bk R, rec fwd L, fwd R/cl L, fwd R
(*W rk fwd L, rec bk R, bk L/cl R, bk L*) to BFLY WALL ;
7 {Trav Door} In BFLY rk sd L twd RLOD, rec sd R, XLif/sd R, XLif ;
8 {Sd Wk Endg} Stp sd R, cl L to R, sd R/cl L, sd R still in BFLY WALL ;

PART B MOD

1-4 CHASE WITH FULL TURNS ; ; RONDE CHA CHA BOX ; ;

- 1-4 Repeat meas 1-4 of Part B ; ; ;

5-8 SHOULDER TO SHOULDER ; UNDERARM TURN ; HAND TO HAND TWICE ; ;

- 5 {Shldr-Shldr} Repeat meas 5 of Part B ;
6 {Undrm Trn} Repeat meas 6 of Part B ;
7-8 {Hnd-Hnd 2x} Swvlg LF on R rk bk L to OP LOD extendg free arm to sd, rec R to BFLY, sd L/cl R, sd L ;
Swvlg RF on L rk bk R to LOP RLOD extendg free arm to sd, rec L to fc, sd R/cl L, sd R to BFLY WALL ;

ENDING

1-4 CHASE PEEK-A-BOO ; ; ; ;

1-4 **{Chase Peek-A-Boo}** Releasg hnds stp fwd L trng ½ RF, rec fwd R, twd COH fwd L/cl R, fwd L
(*W rk bk R, rec fwd L, twd COH fwd R/cl L, fwd R*) ;
Rk sd R w/partial weight and hip action extendg arms and lookg over L shldr (*W look sd at ptr*),
tagk arms back rec L, sip R/L, R ; Rk sd L w/partial weight and hip action extendg arms and
lookg over R shldr (*W look sd at ptr*), tagk arms back rec R, sip L/R, L ;
Stp fwd R trng ½ LF, rec fwd L, twd ptr & WALL fwd R/cl L, fwd R
(*W rk fwd L, rec bk R, bk L/cl R, bk L*) to CP WALL ;

5 SIDE CORTE & HOLD ;

5 **{Sd Corté (1---)}** In CP WALL stp sd L flexing knee & trng to RSCP leavg R leg extended, hold, -, - ;

Suggested Cues:

- Intro In V Bk-Bk pos fcg RLOD w/ldft free & ptd fwd wait 4 meas;;;
Switch Cross; Crab Walk Endg; Spot Trn; Dbl Cuban Brk; -
- 1
- A Basic;; NY; Crab Walk Half;
Trav Door; 2x; Circle Cha;;
Lariat;; Cuca in 4; Sd Draw Cl;
- B Chase Full Trn BFLY;; Ronde Cha Cha Box;;
Shldr-Shldr; Undrm Trn; Bk Brk to OP; Aida;
Switch Cross; Crab Walk Endg; Spot Trn; Dbl Cuban Brk;
- A-B
- C Shldr-Shldr; Whip; Chase w/Undrm Pass;;
Fence Line; Crab Walk Half; Cuca in 4; Sd Draw Cl;
- Inter Basic Fwd into Triple Cha to COH;; Bk Basic into Triple Cha to WALL;;
- D Start Chase to TANDEM WALL;; Peek 2x;;
Finish Chase;; Trav Door; Sd Walk Endg;
- B_{mod} Chase Full Trn BFLY;; Ronde Cha Cha Box;;
Shldr-Shldr; Undrm Trn; Hnd-Hnd 2x;;
- B
- End Chase Peek-A-Boo to CP;;; & Sd Corté