

# Good Morning Cha III

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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 III + 1(Triple Cha)  
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 2 MEAS ; ; STEP APART & POINT ; STEP TOGETHER TO OPEN & TOUCH ;**

- 1-2 {**Wait 2**} In OP FCG M fcg ptr & WALL wait 2 meas ; ;  
3 {**Apt & Pt (1---**)} Stp apt L, -, pt fwd R twd ptr, - ;  
4 {**Stp to OP & Tch (1---**)} Rec fwd R trng LF to OP LOD, -, tch L to R, - ;

### 5-8 **SLIDING DOOR TWICE ; ; CIRCLE AWAY & TOGETHER ; ;**

- 5-6 {**Slidg Door 2x**} In OP LOD rk apt L, rec sd R, release hnds and while chg sds & W crossg in front of M XLif/sd R, XLif to LOP LOD ; In LOP LOD rk apt R, rec sd L release hnds and while chg sds & W crossg in front of M XRif/sd L, XRif to OP LOD ;  
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 ; Finishg the circular pattern move fwd R, fwd L, fwd R/cl L, fwd R to 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**} Swvlg RF on R stp thru L to LOP RLOD, rec R to fc ptr, stp sd L/cl R, sd L to BFLY, - ;  
4 {**Crab Wk ½**} In BFLY WALL XRif of L, sd L, XRif/sd L, XRif (*W XLif of R, sd R, XLif/sd R, XLif*) ;

### 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 sd L, XRif/sd L, XRif ;  
7-8 {**Circle Away & Tog**} Repeat meas 7-8 of Intro Lady endg 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**} In BFLY WALL rk sd L w/partial weight & hip action, rec sd R, cl L, sip R ;  
12 {**Sd Draw Cl**} Stp sd L, draw R to L, cl R, - ;

## PART B

### 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 BFLY WALL ;

### 5-8 **SHOULDER TO SHOULDER ; UNDERARM TURN ; BREAK TO OPEN ; WALK 2 & CHA ;**

- 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*) to BFLY WALL ;  
7 {**Brk to OP**} Swvlg LF on R rk bk L to OP LOD, rec fwd R, fwd L/cl R, fwd L ;  
8 {**Walk 2 & Cha**} In OP LOD stp fwd R, fwd L, fwd R/cl L, fwd R ;

**9-12 SLIDING DOOR TWICE ; ; CIRCLE AWAY & TOGETHER ; ;**

- 9-10 {Slidg Door 2x} Repeat meas 5-6 of Intro ; ;  
11-12 {Circle Away & Tog} Repeat meas 7-8 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 sd 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} W/ldhnds jnd 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} Repeat meas 11 of Part A ;  
8 {Sd Draw Cl} Repeat meas 12 of Part A still in BFLY WALL ;

**INTER**

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

- 1-2 {Bas Fwd into Triple Cha} 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} 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 ;

note: You may touch palms of ldhnds, trlhnds, ... with each Cha moving backward or forward.

**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/M bhnd W ;  
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*), tagg arms back rec R, sip L/R, L ;  
Rk sd R w/partial weight and hip action extendg arms and lookg sd at ptr (*W look over R shldr*),  
tagg 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} Repeat meas 5 of Part A ;  
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 PEEK-A-BOO ; ; ; ;**

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

**5-8 SHOULDER TO SHOULDER ; UNDERARM TURN ; BREAK TO OPEN ; WALK 2 & CHA TO FACE ;**

- 5-7 Repeat meas 5-7 of Part B ; ; ; ;  
8 {Wk 2 & Cha} In OP LOD stp fwd R, fwd L, fwd R/cl L, fwd R trng ¼ RF to fc ptr & WALL ;

## ENDING

### **1-4 CHASE ;;;:**

1-4 **{Chase}** 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 ;  
Rk fwd L, rec bk R, twd COH 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, twd 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}** In CP WALL stp sd L flexing knee & trng to RSCP leavg R leg extended, hold, -, - ;

### Suggested Cues:

Intro - AB – ABC Inter D - B<sub>mod</sub> - B – End

Intro In OP LOD Wait 2;; Apt, Pt; Stp to OP LOD & Tch;  
Slidg Door 2x;; Circle Cha BFLY;;

A Basic;; NY; Crab Walk Half;  
Trav Door; 2x; Circle Cha;;  
Lariat;; Cuca in 4; Sd Draw Cl;

B Chase Peek-A-Boo;;;  
Shldr-Shldr; Undrm Trn; Bk Brk to OP; Walk 2 & Cha;  
Slidg Door 2x;; Circle Cha BFLY;;

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<sub>mod</sub> Chase Peek-A-Boo;;; Shldr-Shldr; Undrm Trn; Bk Brk to OP; Walk 2 & Cha to Fc;

B Chase Peek-A-Boo;;; Shldr-Shldr; Undrm Trn; Bk Brk to OP; Walk 2 & Cha;  
Slidg Door 2x;; Circle Cha BFLY;;

End Chase to CP;;; & Sd Corté