

A BEAUTIFUL MORNING

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Record: "A Beautiful Morning" by the Rascals CD/The Very Best of the Rascals
Atlantic/WEA B00000331T
Legally downloadable from www.walmart.com

Footwork: Opposite throughout (*woman in parentheses*) 45 rpm
Phase: Rumba Roundalab Phase III Released February 2, 2008
Sequence: Intro A int 1 A int 2 B C int 2 B A 1-11 End

INTRO

(BFLY WALL) **WAIT**; ;

1-2 BFLY WALL wait; wait tinkling bells + "It's a beautiful. . .";

PART A

(BFLY WALL) **FULL BASIC**; ; **NEW YORKER**; **CRAB WALKS**; ; **SPOT TURN**; (BFLY WALL)

1-2 Rk fwd L, rec R, sd L, - ; rk bk R, rec L, sd R, - ;

3-4 Thru L trng to LOP RLOD, rec R trng to fc ptr, sd L, - ; XRIF, sd L, XRIF, - ;

5-6 Sd L, XRIF, sd L, - ; XRIF trng 1/2 LF (*W RF*), rec L cont trn to BFLY WALL, sd R, - ;

(BFLY WALL) **HAND TO HAND**; **TWICE**; (BFLY WALL)

7-8 Trng to OP LOD rk bk L, rec R to fc ptr, sd L, - ; trng to LOP RLOD rk bk R, rec L to fc ptr, sd R, - ;

(BFLY WALL) **ALEMANA KEEP HANDHOLDS TO LADIES' TAMARA**; ; **WHEEL 1/2**; **UNWIND**; (BFLY COH)

9 Rk fwd L, rec R, sd L, - ;

10 XRIB, rec L, sd & slightly fwd R trng to fc LOD (*W thru L trng 1/2 RF, rec R to ladies' tamara pos fcng RLOD, fwd L*), - ;

11-12 Wheel L, R, L to ladies' tamara COH, - ; stp in place R, L, R (*W stp in place trng LF L, R, L*) to BFLY COH, - ;

(BFLY COH) **HALF BASIC**; **WHIP**; (BFLY WALL)

13 Rk fwd L, rec R, sd L, - ;

14 Bk R trng 1/4 LF lead W across with Ms R & Ws L hands, rec fwd L cont trn 1/4 LF to BFLY WALL, sd R, - ;
(*W fwd L across and in front of M twd WALL trng LF, sd R cont trn to fc, sd L, - ;*)

INTERLUDE 1

(BFLY WALL) **SHOULDER TO SHOULDER**; **TWICE**; (BFLY WALL)

1 Rk fwd L to BFLY SCAR, rec R, sd L (*W rk bk R, rec L, sd R*), - ;

2 Rk fwd R to BFLY BJO, rec L, sd R (*W rk bk L, rec R, sd L*), - ;

INTERLUDE 2

(BFLY WALL) **SHOULDER TO SHOULDER**; **THRU SERPIENTE**; ; **FENCE LINE**; (BFLY WALL)

1-2 Rk fwd L to BFLY SCAR, rec R, sd L (*W rk bk R, rec L, sd R*), - ; thru R, sd L, XRIB, flare L out;

3-4 XLIB, sd R, thru L, flare R in; cross lunge R, rec L, sd R, - ;

PART B

(BFLY WALL) **DOOR**; **CRAB WALK**; **REVERSE UNDERARM TURN**; **CUCARACHA WITH ARMS**; (BFLY WALL)

1-2 Rk sd L, rec R, XLIF, - ; sd R, XLIF, sd R, - ;

3-4 XLIF, rec R, sd L (*W thru R trng 1/2 LF, rec L cont LF trn to fc ptr, sd R*), - ; rk sd R, rec L, cl R, - ;

(BFLY WALL) **DOOR**; **CRAB WALK**; **REVERSE UNDERARM TURN**; **CUCARACHA WITH ARMS**; (BFLY WALL)

5-8 repeat meas 1-4 of part B; ; ; ;

PART C

(BFLY WALL) **CHASE**; ; ; ; (BFLY WALL)

1 Rk fwd L trng 1/2 RF (*W rk bk R*), rec R to fc COH, fwd L, - ;

2 Rk fwd R trng 1/2 LF to fc WALL (*W rk fwd L trng RF to fc WALL*), rec L, fwd R, - ;

3-4 Rk fwd L (*W rk fwd R trng 1/2 LF to fc COH*), rec R, bk L, - ; rk bk R, rec L, fwd R, - ;

(BFLY WALL) **BREAK BACK TO OPEN**; (OP LOD) **PROGRESSIVE WALK 6**; ; **SPOT TURN**; (BFLY WALL)

5-6 Trng to OP LOD rk bk L, rec R, fwd L, - ; fwd R, L, R, - ;

7-8 Fwd L, R, L, - ; fwd R trng 1/2 LF (*W RF*), rec L cont trn to BFLY WALL, sd R, - ;

END

(LADIES' TAMARA LOD/WALL) HOLD POSITION;



A Beautiful Morning

Phase 3+1 Rumba
 Choreographer: Erin & Scot Byars
 Music: The Rascals "A Beautiful Morning"
 Released: February 2, 2008

Intro A int 1 A int 2 B C int 2 B A 1-11 End

- Intro **BFLY WALL** Wait 2 meas of tinkling bells + "It's a beautiful..."; ;
- Part A Full basic; ; new yorker; crab walks; ; spot turn; hand to hand; twice;
 Alemana; retain hands to ladies' tamara position; wheel 1/2; unwind to **BFLY COH**;
 Half basic; whip to **BFLY WALL**;
- Interlude 1 Shoulder to shoulder; twice;
- Part A Full basic; ; new yorker; crab walks; ; spot turn; hand to hand; twice;
 Alemana; retain hands to ladies' tamara position; wheel 1/2; unwind to **BFLY COH**;
 Half basic; whip to **BFLY WALL**;
- Interlude 2 Shoulder to shoulder; thru serpiente; ; fence line;
- Part B Door; crab walk 3; reverse underarm turn; cucaracha;
 Door; crab walk 3; reverse underarm turn; cucaracha;
- Part C Chase; ; ; ; break back to open; progressive walk 6; ; spot turn;
- Interlude 2 Shoulder to shoulder; thru serpiente; fence line;
- Part B Door; crab walk 3; reverse underarm turn; cucaracha;
 Door; crab walk 3; reverse underarm turn; cucaracha;
- Part A 1-11 Full basic; ; new yorker; crab walks; ; spot turn; hand to hand; twice;
 Alemana; retain hands to ladies' tamara position;
- End Hold position;