

## GOOD MORNING STARSHINE

Choreography by: Howard & Anna Hoffman, 305 Williams Drive, Schaumburg,  
Illinois, 60193 Phone 847-891-2383 Release Date 9-8-06  
E-mail to [Hofdance@aol.com](mailto:Hofdance@aol.com)

Music: Good Morning Starshine by Edmundo Ros  
From the CD album Hair Goes Latin/Caribbean Ros  
Available from Wal-Mart Music Downloads

Rhythm/Phase: Mambo & Two-Step Phase IV

Footwork: Opposite throughout directions for M (and for W where noted).

Sequence: Intro A B A B C Ending

### ..... INTRODUCTION (8 Measures) – MAMBO .....

BFLY WALL W/ LEAD FEET FREE WAIT 2 MEAS;; PROGRESSIVE BASIC;; ALEMANA  
BLND CP WALL;; CUCARACHA L & R;;

[1 & 2] In bfly pos fcng wall w/ lead feet free wait 2 meas;; [3 & 4] Rk fwd L,  
rec R, bk L small step, -; Rk bk R, rec L, fwd R small step, -; [5 & 6] Fwd L, rec R,  
cl L lead W to turn rf, -; Bk R, rec L, sd R blnd CP, -; (W bk R, rec L, sd R  
commence rf swivel, -; Cont rf turn under joined lead hands fwd L, cont rf turn  
fwd R, sd L blnd CP, -;) [7 & 8] Rk sd L, rec R, cl L, -; Rk sd R, rec L, cl R, -;

### ..... PART A (16 Measures) – MAMBO .....

SCALLOP TWICE;;; CROSS BODY;; BASIC;; SCALLOP TWICE;;; CROSS BODY;;  
BASIC BLND BFLY WALL;;

[1 – 4] Rk bk L semi-clsd pos, rec R, sd L, -; Thru R, sd L, cl R, -; Repeat meas 1  
& 2 Part A;; (W rk bk R, rec L, sd R, -; Thru L, sd R, cl L, -; Repeat meas 1 & 2  
Part A;;) [5 & 6] Fwd L, rec R, sd L trng lf w/ foot turned abt 1/4 turn & body  
turned abt 1/8 turn, -; Bk R cont lf turn, small fwd L, sd & fwd R, -; (W bk R, rec L,  
fwd R twd M stay on right side ending in an L-shaped pos, -; Fwd L commence to  
turn left, fwd R trng 1/2 lf end w/ right foot back, sd & bk L, -;) [7 & 8] Fwd L,  
rec R, sd L, -; Bk R, rec L, sd R, -; [9 – 16] Same as meas 1 - 8 Part A except end  
bfly pos fcng wall;;;;;;

### ..... PART B (12 Measures) – MAMBO .....

NEW YKR RLOD; AIDA LOD; BACK BASIC; PATTYCAKE TAP; SWITCH ROCK FALL  
LOD; CRAB WALKS;; SPOT TURN LOD; FULL CHASE BLND CP WALL;;;;

[1] Twd RLOD step thru L to LOP, rec R to fc ptrn, sd L, -; [2] Twd LOD fwd R  
commence rf turn, sd L cont turn, bk R ending in a V bk-to-bk pos, -; [3] Bk L,  
rec R, fwd L end LOP fcng RLOD, -; [4] Lift right knee swivel lf 1/4 on L to fc ptrn  
place trailing hand palm to palm look twd LOD & cross right in front tap right toe twd  
LOD, -, lift right knee swivel rf 1/4 on L to LOP bk R, -; [5] Trng lf to fc ptrn sd L  
check bring joined hands thru, rec R, sd L twd LOD, -; [6 & 7] In bfly pos XRIF of L,  
sd L, XRIF of L, -; Sd L, XRIF of L, sd L, -; [8] XRIF of L commence lf turn, cont  
turn rec L to fc ptrn & wall, sd R, -; [9 – 12] Fwd L trng rf 1/2, rec fwd R, fwd L, -;  
Fwd R trng lf 1/2, rec fwd L, fwd R, -; Fwd L, rec R, bk L, -; Bk R, rec L, fwd R, -;  
(W bk R w/ no turn, rec L, fwd R, -; Fwd L trng rf 1/2, rec fwd R, fwd L, -; Fwd R  
trng lf 1/2, rec fwd L, fwd R, -; Fwd L w/ no turn, rec R, bk L, -;)

# GOOD MORNING STARSHINE

Page 2 of 2

## ..... PART C (16 Measures) – MAMBO & TWO-STEP .....

PROGRESSIVE BASIC;; CUCARACHA L & R;; LEFT TURNING 2-STEP BOX;;; 2 SD CLOSES; SD & THRU BFLY; FC TO FC; BK TO BK; BSKTBL TURN BFLY;; TWIRL VINE 3; THRU FC CL BFLY;

[1 & 2] In clsd pos wall rk fwd L, rec R, bk L small step, -; Rk bk R, rec L, fwd R small step, -; [3 & 4] Rk sd L, rec R, cl L, -; Rk sd R, rec L, cl R, -; [5 - 8] Sd L, cl R, fwd L trng 1/4 lf, -; Sd R, cl L, bk R trng 1/4 lf, -; Sd L, cl R, fwd L trng 1/4 lf, -; Sd R, cl L, bk R trng 1/4 lf, -; [9] Sd L, cl R, sd L, cl R; [10] Sd L, -, twd LOD step thru R bfly pos, -; [11] Sd L, cl R, sd L trng 1/2 lf to a bk-to-bk pos, -; [12] Sd R, cl L, sd R trng 1/2 rf to fc ptrn & wall, -; [13 & 14] Sd L w/ chng action & trng 1/4 rf, -, rec R cont rf turn to end fcng opposite direction from start pos, -; Cont by stepping fwd L w/ chng action & trng 1/4 rf, -, rec R cont rf turn to end fcng bfly pos wall, -; [15] Sd L, XRIB of L, sd L, -; (W sd & fwd R trng 1/2 rf, sd & bk L cont turn, sd R fc ptrn, -;) [16] Twd LOD step thru R, sd L fc ptrn, cl R blnd bfly pos, -;

## ..... ENDING (5 Measures) – TWO-STEP .....

CIRCLE AWAY TWO 2-STEPS;; TOG TWO 2-STEPS BFLY;; STEP APART & POINT;

[1 & 2] Starting a lf circular pattern (W rf) circle away from ptrn fwd L, cl R, fwd L, -; Cont circle fwd R, cl L, fwd R, -; [3 & 4] Circling back to your ptrn it's fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R blnd bfly wall, -; [5] Step apart L, -, point R twd ptrn, -;