

GOOD MORNIN' LIFE

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MUSIC: Good Mornin' Life Artist: Dean Martin, CD Dean Martin "The Capital Years"
Disc 2, trk. 7 Download available @ I Tunes.com

RHYTHM: Quickstep **PHASE:** IV

FOOTWORK: Man (Lady) **DEGREE OF DIFFICULTY:** Average

TEMPO: Time@mpm 2:00@45 Original: 2:10@41.5 **RELEASED:** FEB. 2014

SEQUENCE: INTRO A A B C INTRL A A B C END

INTRO

1 -4 WAIT; WAIT; SLOW UNDERARM TURN IN FOUR TO CLOSED;;
-- -- -- -- {Wait 2 Meas} Facing DLW IN BFLY w lead feet free, wait two measures ;;
SSSS {Slow Underarm Trn in 4 to closed} w/ lead hnds jnd fwd L, -, R, -; L, -, R,
(trng slwly RF undr jnd ld hnds R, -, L, -; R, -, L,) to CP -;

PART A

1-4 FORWARD ~ QUARTER TURN;; BACK ~ CHASSE TO CENTER ~ FORWARD;;
S SQQS {Forward Qtr trn} Fwd L, -, fwd R trng ¼ RF, -; chasse sd L, R, L, -;
S QQS S {Bk, Chasse to Ctr, Fwd} Bk diag ctr R, -, chasse to ctr L, R; L, -, Fwd R, -;

5 -8 TWO LEFT TURNS;; WALK & CHECK; FISH TAIL;
SQQ SQQ {Two left turns} Fwd L trng LF, -, sd R, cl L CP DRW; Bk R trng LF, -, sd L, cl R CP DLW;
SS QQQQ {Walk & Check; Fishtail} Fwd L, -, fwd R DLW to BJO ckg, -; In BJO xLib but not tightly, as
body strts to trn RF take a sm Stp to sd on R compg ¼ RF body trn, fwd L w/left shldr ld,
xRib but not tightly;

PART B

1 - 4 VIENNESE TURNS;; TWICE;;
SQQ SQQ {Viennese Turns} Fwd L, -, fwd R trng LF, xLif (bk R, -, trng LF small stp fwd L, cl R);
bk R, -, trng LF small fwd L fc LOD, cl R (fwd L, -, fwd R trng LF, xLif);

SQQ SQQ {Twice} Repeat two previous Meas;;

5 - 8 FORWARD TWO IN BANJO; FORWARD LOCK FORWARD; MANUVER;
PIVOT TWO TO LINE;
SS {Forward 2 in BJO} BJO Fwd L, -, Fwd R, -;
QQS {Forward lock forward} Fwd L, xRib, fwd L, -;
SQQ {Manuver} Fwd R outsd W's ft trng RF in frnt of W, -, sd L, cl R RLOD;
SS {Pivot two to line} bk L trng on ball of ft ¼ RF, -, contg trn fwd R
between W's ft trng ¼ RF to CP LOD, -;

PART C

1 -4 SLOW HOVER TELEMAR ~ THROUGH;;
SLOW WHIPLASH TO BANJO; ROCK BACK & RECOVER;
SSS S {Slow Hover Telemark} Fwd L in CP, -, sd & fwd R trng RF leading W to trn RF, -;
fwd L, (bk R, -, sd & bk L trng RF, -; sd & fwd R,) tp SCP -,
{Through} thru R LOD, -;

SS {Slow whiplash to banjo} Staying on R ft pt L ft fwd sharply trng W LF, -, stand up to stretch the
lead side slowly shaping a line to BJO, -;

SS {Rock back & recover} bk L, -, rec R, -;

5 -8 RUNNING FORWARD LOCKS;; MANUVER; PIVOT TWO TO WALL;
QQQQQQS {Running fwd locks} In BJO w M's left shldr ldg fwd L, lk Rib (Lif), fwd L, fwd R;
Fwd L, lk Rib (Lif), fwd L, -;

SQQ {Manuver} Fwd R outsd W's feet trng RF in frnt of W, -, sd L, cl R to CP RLOD:
SS {Pivot two to WALL} bk L to trng on ball of ft 3/8 RF, -, contg trn fwd R
between W's ft trng 3/8 RF to end in BFLY fcg WALL, -;

**9 - 16 SLOW TWISTY VINE FOUR;; CIRCLE AWAY IN FOUR TO OPEN;;
CHARLESTON POINTS;; TWICE TO BUTTERFLY;;**

SSSS {*Slw twisty vine four*} in BFLY sd L, (sd R,) -; trng RF, Xib R, (Xif L,) -;
sd L, (sd R) -, turning LF, Xif R, (Xib L,) -;

SSSS {*Circle away in four to open*} Trng CCW Fwd L, -, R, -; L, -, R, to open fcg LOD
(Trng CW, Fwd R, -, L, -; R, -, L, to open fcg LOD) -;

SSSS {*Charleston Pts*} In OP LOD w/ trailing hnds jnd fwd L, -,
pt R fwd both looking away from ptr, -;

Bk R, -, pt L bk both looking twd ptr w/ ld hnds touching;

SSSS {*Twice*} Repeat two previous meas to BFLY ;;

INTERLUDE

1 - 2 SLOW UNDERARM TURN IN FOUR TO CLOSED;;

SSSS {*Slow Underarm Trn in 4 to closed*} w/ lead hnds jnd fwd L, -, R, -; L, -, R,
(trng slwly RF undr jnd ld hnds R, -, L, -; R, -, L,) to CP -;

END

1 - 2 STEP SIDE & HOLD; QUICK WRAP POINT,,,

S -- {*Step Sd & Hld*} In BFLY Stp sd L, -, hold, -;

QQ Q {*Quick wrap, point*} Sd R, cl L wrapping W under lead arm
(stp L trng Lfc ½, cl R to a WRP twd M's left side), pt R RLOD (pt L LOD) & look at ptr.,