

# Good Morning

拍数: 32      墙数: 2      级数: Improver  
编舞者: Lilian Lo (HK) - November 2019  
音乐: Good Morning - Max Frost : (Single)



**Intro: 16 counts (0.11 mins.) The first count is a pause. Singing starts on second count.**

**S1 (1 – 8) Kick, side, close, chest pump x 2, back, forward, ¼ L, side, close, hip L-R-L, back**

1&2      RF cross kick (1), RF step to side (&), LF closed to RF (2)  
3,4&      Chest pump 2 times (3,4), RF step slightly back on ball (&)  
5,6      LF step forward (5), turn ¼ L, RF step to side (6) @9:00  
7&8&      LF closed to RF, hip L (7), hip R (&), hip L (8), RF step slightly back on ball (&)

**S2 (9 – 16) Walk L-R, ¼ R, rock R, ¼ R, forward, ¼ L, ¾ L, ¼ L, close**

1,2&      LF step forward (1), RF step forward (2), turn ¼ R (&) @ 12:00  
3&4      LF step to side, rock L (3), turn ¼ R, RF step in place (&), LF step forward (4) @3:00  
5,6      Turn ¼ L, RF step to side (5), turn ¾ L, LF step forward (6) @3:00  
7,8      Turn ¼ L, RF step to side (7), LF stomp next to RF (8) @12:00

**S3 (17 – 24) Shuffle x 2, lunge x 2, ¼ R, ½ R, back x 2**

1&2      RF step diagonally R forward (1), LF cross behind RF (&), RF step diagonally R forward (2)  
3&4      LF step diagonally L forward (3), RF cross behind LF (&), LF step diagonally L forward (4)  
5,6      RF lunge to side (5), LF lunge to side (6) @12:00  
7&8      Turn ¼ R, RF step in place (7), turn ½ R, LF step back (&), RF step back (8) @9:00

**S4 (25 – 32) heel dig close x 3, walk x 2, ¼ L, ¾ L, ¼ L, tap**

1&2&      L heel dig forward (1), LF closed to RF (&), R heel dig forward (2), RF closed to LF (&)  
3&4      L heel dig forward (3), LF closed to RF (&), RF step forward (4)  
5,6      LF step forward (5), turn ¼ L, RF step to side (6)  
7,8      Turn ¾ L, LF step forward (7), turn ¼ L, RF tap next to LF (8) @6:00