Good Morning Starshine

CHOREO: Rey & Sherry Garza With Collaboration of Ken & Amy Shotting (760) 458-6418
MUSIC: Good Morning Starshine Artist: Oliver Album: Good Morning Starshine The Best Of Oliver Length: 3:39 42 RPM [3:54] recommended or slow for comfort Music from Amazon.com.
FOOTWORK: Opposite (Woman in parenthesis)
RHYTHM: Cha or Rumba Phase 4+2 (Double Cubans & Single Cuban 4) Cue Sheet written for Cha
SEQUENCE: Intro-AB-ABCD-End Released 11/15/2026 Ver 1

INTRO

1-8 SHADOW LOD WITH RIGHT FOOT FREE FOR BOTH;; FORWARD 2 & CHA; TWICE; FIGURE 8 CIRCLE AWAY; AND TOGETHER; PASS LEFT SHOULDERS; CIRCLE TO FACE COH;

1-2 **[Starting POS]** Shadow LOD W slight to R side of Man right foot free for both wait; Wait;

3-4 **[Fwd 2 & Cha]** Fwd R, L, fwd R/XLIB of R, fwd R; Fwd L, fwd R, fwd L/XRIB of L, fwd L;

5-6 **[Figure 8]** Fwd R, start LF circle cont twds COH fwd L, cont LF circle fwd R/XLIB of R, fwd R; Cont twds Wall fwd L, fwd R, fwd L/XRIB of L, fwd L fc WALL *(Fc LOD fwd R start RF circle, cont twds wall fwd L, cont RF circle fwd R/XLIB of R, fwd R; Cont twds COH fwd L, fwd R, fwd L/XRIB of L, fwd L fc COH)* end side by side with L shoulder twds ptr completing ½ of the figure 8;;

7-8 **[Cont Figure 8]** Fwd R start RF circle, cont twds WALL fwd L, cont RF circle fwd R/XLIB of R, fwd R; Cont twds COH fwd L, fwd R, fwd L/XRIB of L, fwd L *(Fwd R start LF circle, cont twds COH fwd L, cont LF* circle fwd R/XLIB of R, fwd R; Cont *twds WALL fwd L, fwd R,* fwd L/XRIB of L, fwd L*)* completing the figure 8 end fcg ptr & COH with R hnds joined L arms extended to side;

9-12 TRADE PLACES FACE WALL; CUCARACHA WITH SIDE EXIT BFLY BJO; CIRCLE FRONT VINE 8;; OPPOSITION SPOT TRN;

9 **[Trade Places]** Ld W to break bk Rk apt R, rec L, fwd R/XLIB of R, fwd R spiral ½ LF *(Rk apt R, rec L, fwd R/XLIB of R, fwd R spiral ½ LF)* end fcg ptr and WALL blend to BFLY;

10 **[Cucaracha]** Sd L, rec R, in pl L/cl R to L, sd L end in BFLY BJO;

11-12 **[Circle Front Vine 8]** Start a full RF circle vine XRIF of L, sd L, XRIB of L, sd L; Cont RF circle vine XRIF of L, sd L, XRIB of L, sd L end in BFLY BJO fcg ptr & WALL;

13 **[Spot Trn]** Rel BFLY hold do an individual opp spot trn swivel ¼ LF on L fwd R twd LOD trn ¼ LF, rec L trn ½ fc ptr & Wll, sd R/cl L, sd R; (*Swivel ¼ LF on L fwd R twd RLOD trn ¼ LF, rec L trn ½ fc ptr & COH, sd R/cl L, sd R*) end in BFLY WALL;

14-18 FENCE LINE 4; CIRCLE FRONT VINE 8;; OPPOSITION SPOT TURN; FENCE LINE LADY IN 4;

14 **[Fence Line 4]** Lunge thru L twds RLOD, rec R, sd L, rec R (*Lunge thru L twds LOD, rec R, sd L, rec R*) end in BFLY SIDE CAR;

15-16 **[Circle Front Vine 8]** Start a full LF circle vine XLIF of R, sd R, XLIB of R, sd R; Cont LF circle vine XLIF of R, sd R, XLIB of R, sd R BFLY SIDE CAR fcg ptr & WALL;

17 **[Spot Trn]** Rel BFLY hold do an individual opp spot trn swivel ¼ RF on R fwd L twd RLOD trn ¼ RF, rec R trn ½ fc ptr & Wll, sd L/cl R to L, sd L; (*Swivel ¼ RF on R fwd L twds LOD trn ¼ RF, rec R trn ½ fc ptr & Wll, sd L/cl R to L, sd L*) end in BFLY WALL;

18 **[Fence Line Ldy In 4]** Lunge thru R twds LOD, rec L, sd R/cl L to R, small sd R (*Lunge thru R twds RLOD, rec L, sd R, rec L*);

PART A

1-8 OPEN BREAK WITH ARMS BFLY; LADY TO FAN; PASSING FAN;; ALEMANA; TO FACE COH; CROSS BODY; WITH SIDE CHA ENDING;

1 **[Open Break]** As both start to rk apt develop arms bringing them up & out rk apt L, rec R, sd L/cl R, sd L *(Rk apt R, rec L, sd R/cl L to R, sd R)* end in BFLY WALL;

2 **[Lady To Fan]** Bk R, rec L rel trail hnds ld W to trn LF, in pl R/L, R stay fcg WALL *(Fwd L, rec R trn ¼ LF, bk L/XRIB of L, bk L end fcg RLOD)*;

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Part A Continued

3-4 **[Passing Fan]** Ld W to Cl ft then fwd L across in front of W, fwd R spiral ½ LF fc COH, sd L/cl R, sd L (Cl R to L, fwd L, fwd R/XLIB of R, fwd R); Bk R, rec L, sd R/cl L to R, sd R *(Fwd L, fwd R spiral ½ LF bk L/XRIB of L, bk L)* end L shape with Man fcg COH W fcg LOD;

5 **[Alemana]** Fwd L, rec R, small sd L/cl R to L, sd L ld W to fc then raise ld hnds *(CL R to L, fwd L, fwd R/XLIB of R fwd R trng ¼ RF end on M's L sd)*;

6 Bk R bhnd L, rec L, small sd R/cl L to R, sd R *(Fwd L twds DRW trn ½ RF under ld hnds, fwd R cont RF trn RF fc M & WALL, small sd L/cl R. to L, sd L)* blend to CP COH;

7-8 **[X Body]** Fwd L, rec R trn ¼ LF trn, sd L/cl R to L, sd L; Slip bk R trn ¼ LF fc WALL, rec L, release CP POS and hnds sd R/cl L to R, sd R *(Bk R, rec L, fwd R/XLIB of R, fwd R; Slip fwd L trng ¼ LF, rec R trng ¼ LF to fc ptr & COH, release CP POS and hnds sd L/cl R to L, sd L)*;

9-16 OPEN BREAK WITH ARMS TO BFLY; THRU AIDA TO LOD; SWITCH CROSS; TO REVERSE SIDE WALK; THRU AIDA; SWITCH CROSS BFLY; SIDE WALK LOD; FENCE LINE MAN IN 4;

9 **[Open Break]** Repeat meas 1 of Part A;

10 **[Aida]** Swivel LF on L thru R, fwd L spiral ½ RF, bk R/XLIF of R, bk R *(Swivel RF on R thru L, fwd R spiral ½ LF, bk L/XRIF of L, bk L)* end in a V bk to 0bk fcg RLOD;

11 **[Switch Cross]** Swivel LF on R sd L, rec R, sd XLIF of R/sd R, XLIF of R *(Swivel RF on L sd R, rec L, XRIF of L/sd L, XRIF of L)* BFLY WALL;

12 **[Sd Walk]** Sd R, cl L to R, sd R/cl L to R, sd R *(Sd L, cl R to L, sd L/cl R, sd L)*;

13 **[Aida]** Swivel RF on R thru L, fwd R spiral ½ LF, bk L/XRIF of L, bk L *(Swivel LF on L thru R, fwd L spiral ½ RF, bk R/XLIF of R, bk R)* end in a V bk to bk fcg LOD;

14 **[Switch Cross]** Swivel RF on L sd R, rec L, XRIF of L/sd L, XRIF of L *(Swivel LF on R sd L, rec R, XLIF of R/sd R, XLIF of R)*;

15 **[Sd Walk]** Sd L, cl R to L, sd L/cl R, sd L *(Sd R, cl L to R, sd R/cl L to R, sd R)*;

16 **[Fence Line Man In 4]** Cross Lunge R, rec L, sd R, rec L *(Cross lunge L, rec R, sd L/cl R to L, sd L)* end in BFLY BJO;

PART B

1-8 RIGHT FOOT CIRCULAR FRONT VINE 8;; OPPOSITION SPOT TURN; FENCE LINE IN 4; LEFT FOOT CIRCULAR FRONT VINE 8;; OPPOSITION SPOT TURN; FENCE LINE LADY IN 4;

1-7 **Repeat meas 11 thru 17 of Intro;;;;;;;**

8 **[Fence Line Lady In 4]** Cross Lunge R, rec L, sd R/cl L to R, sd R (Cross Lunge R, rec L, sd R, rec L) end in BFLY WALL;

9-12 SHOULDER TO SHOULDER; SECOND MAN CUCARA ENDING TO; LARIAT; WITH SIDE CHA ENDING;

9-10 **[Shoulder To Shoulders]** Swivel RF on R to BFLY SIDE CAR fwd L, rec R to BFLY WALL, sd L/cl R to L, sd L; Swivel LF on L BFLY BJO fwd R, rec L to BFLY WALL, sd R/rec L, cl *R to L (Swivel RF on L BFLY SIDE CAR bk R, rec L to BFLY WALL, sd R/cl L to R, sd R; Swivel LF on R to BFLY SIDE BJO bk L, rec R to BFLY WALL, sd L/cl R to L, sd L)*;

11-12 **[Lariat]** Release trail hnds raise ld hnds ldg W to circle around Man in pl L, R, L/R, L; Bk R, rec L, sd R/cl L to R, sd R *(Start a RF circle around Man fwd R, fwd L, fwd R/cl L to R, fwd R; Fwd L, fwd R to fc ptr & COH, sd L/cl R to L, sd L)*;

Repeat Part A & B

PART C

1-8 DOUBLE CUBANS; SINGLE CUBAN 4; DOUBLE CUBANS; SINGLE CUBAN 4; TWISTY SERPIENTE;; BASIC;;

1 **[Double Cubans]** XLIF of R/rec R, sd L/rec R, XLIF of R/rec R, sd L (XRIF of L/rec L, sd R/rec L, XRIF of L/rec L, sd R);

2 **[Single Cuban 4]** XRIF of L, rec L, sd R, rec L *(XLIF of R, rec R, sd L, rec R)*;
3 **[Double Cubans]** XRIF of L/rec L, sd R/rec L, XRIF of L/rec L, sd R *(XLIF of R/rec R, sd L/rec R, XLIF of R/rec R, sd L)*;
4 **[Single Cuban 4]** XLIF of R, rec R, sd L, rec R *(XRIF of L, rec L, sd R, rec L)*;
5-6 **[Twisty Serpiente]** Blend to SCAR XLIF of R, sd R, XLIB of R, ronde RF CW, -; XRIB of L, sd L, XRIF of L, ronde LF CCW, - *(XRIB of L, sd L, XRIF of L, ronde RF CW, -; XLIF of R, sd R, XLIB of R, ronde LF CCW, -)* end BFLY WALL;
7-8 **[Basic]** Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R ***(****Bk R, rec L, sd R/cl L, sd R****;*** *Fwd L, rec R, sd L/cl R, sd L);*

9-16 CHASE PEEK-A-BOO;;;; DOUBLE;;; WITH SIDE CHA EXIT;

9-16 **[Chase Peek A Boo Double]** Release all hnds fwd L trn ½ RF, rec R, fwd L/cl R, fwd L; Sd R look L, rec L, in pl R/L, R; Sd L look R, rec R, in pl L/R, L; Fwd R trng ½ LF, rec L, fwd R/cl L, fwd R; Sd L look R, rec R, in pl L/R, L; Sd R look L, rec L, in pl R/L, R; Fwd L, rec R, bk L/cl R, bk L; Bk R, rec L, sd R/cl L to R, sd R *(Bk R, rec L, fwd R/cl L, fwd R; Sd L look R, rec R, in pl L/R, L; Sd R look L, rec L, in pl R/L, R; Fwd L trn ½ RF, rec R, fwd L/cl R, fwd L; Sd R look L, rec L, in pl R/L, R; Sd L look R, rec R, in pl L/R, L; Fwd R trn ½ LF, rec L, fwd R/cl L, fwd R; Fwd L, rec R, sd L/cl R to L, sd L)*;

PART D

1-6 HAND TO HAND; TWICE; NEW YORKER TO OPEN; WALK 2 & CHA; SLIDING DOOR; TWICE;

1-2 **[Hand To Hand Twice]** Swivel LF ¼ on R bk L, rec R trn ¼ RF, sd L/cl R, sd L; Swivel ¼ RF of on L bk R, rec L trn ¼ LF, sd R/cl L, sd R *(Swivel ¼ RF of on L bk R, rec L trn ¼ LF, sd R/cl L, sd R; Swivel LF ¼ on R bk L, rec R trn ¼ RF, sd L/cl R, sd L)*;
3 **[New Yorker]** Swivel RF on weighted ft bring L ft thru with straight leg, rec R swivel to fc ptr & WALL, sd L/cl R, sd L trng ¼ LF *(Swivel LF on weighted ft bring R ft thru with straight leg, rec L swivel to fc ptr & COH, sd R/cl L, sd R trng ¼ RF)* end in OP LOD;
4 **[Walk 2 & Cha]** Fwd R, fwd L, fwd R/XLIB of L, fwd R *(Fwd L, R, fwd L/XRIB of L, fwd L)*;
5-6 **[Sliding Doors]** Rk sd L, rec R, slide bhnd W XLIF of R/sd R, XLIF of R; Rk sd R, rec L, slide bhnd XRIF of L/sd L, XRIF of L *(Rk sd R, rec L, slide in front of Man XRIF of L/sd L, XRIF of L; Rk sd L, rec R, slide in front of Man XLIF of R/sd R, XLIF of R)*;

7-14 FIGURE 8 CIRCLE AWAY & TOGETHER;; PASS LEFT SHOULDERS; CIRCLE TOGETHER TO FACE COH; TRAVELING DOOR; TWICE TO OP REVERSE LOD; SLIDING DOOR; TWICE;

7-8 **[Figure 8]** Release all hnds start the figure 8 start a full LF circle with lead feet Repeat meas 5 thru 8 of intro;;; end in BFLY fcg ptr & COH;
11-12 **[Traveling Doors]** Rk sd L, rec R, XLIF/sd R, XLIF; Rk sd R, rec L, XRIF/sd L start ¼ LF trn, XRIF comp LF trn *(Rk sd R, rec L, XRIF/sd L, XRIF; Rk sd L, rec R, XLIF/sd R start ¼ RF trn, XLIF comp RF trn)* blend to OP LOD;
13-14 **[Sliding Doors]** Fcg RLOD repeat meas 5 & 6 of part D;;

ENDING

1-9 FIGURE 8 CIRCLE AWAY & TOGETHER;; PASS LEFT SHOULDERS; CIRCLE TOGETHER TO FACE WALL; CUCARACHA; TWICE; BASIC; ; BREAK APART WITH ARMS;

1-4 **[Figure 8]** Twds Rev LOD repeat meas 7 thru 10 of Part D;;;;
5-6 **[Cucaracha Twice]** Rk sd L, rec R, in pl L/R, L; Rk sd R, rec L, in pl R/L, R *(Rk sd R, rec L, in pl R/L, R; Rk sd L, rec R, in pl L/R, L)*;
7-8 **[Basic]** Repeat meas 7 & 8 of part C;;

Ending Continued

9 **[Break Apart]** Explode the arms bring them up & out rk apart L, hold, -, - (*Explode the arms bring them up & out rk apart R, hold, -, -)*;

Note: All figure 8 circles can be danced with even count foot work instead of Cha or Rumba as an option.

Short Cues for: Good Morning Starshine by: Rey & Sherry Garza

INTRO: SHADOW LOD WITH RIGHT FOOT FREE FOR BOTH; -; FORWARD 2 & CHA ; TWICE; FIGURE EIGHT CIRCLE AWAY; AND TOGETHER; PASS LEFT SHOULDERS; CIRCLE TO FACE COH JOIN RIGHT HANDS;
TRADE PLACES TO BFLY WALL; CUCARACHA WITH SIDE EXIT BFLY BJO; CIRCLE FRONT VINE 8; -; OPPOSITION SPOT TRN; FENCE LINE 4; CIRCLE FRONT VINE 8; -; OPPOSITION SPOT TURN; FENCE LINE LADY IN 4;

PART A: OP BRK WITH ARMS BFLY; LADY TO FAN; PASSING FAN; -; ALEMANA; TO FACE COH; CROSS BODY; WITH SIDE CHA;
OP BRK WITH ARMS BFLY; THRU AIDA TO LOD; SWITCH CROSS; TO REVERSE SIDEWALK; THRU AIDA; SWITCH CROSS BFLY; TO LOD SIDEWALK; FENCE LINE MAN IN 4 RIGHT FOOT;

PART B: CIRCULAR FRONT VINE 8; -; OPPOSITION SPOT TURN; FENCE LINE IN 4; CIRCULAR FRONT VINE 8; -; OPPOSITION SPOT TURN; FENCE LINE LADY IN 4 MAN CUCARACHA ENDING; SHOULDER TO SHOULDER; SECOND ONE MAN CUCARACHA ENDING TO; LARIAT; WITH SIDE CHA ENDING;

PART A: OP BRK WITH ARMS BFLY; LADY TO FAN; PASSING FAN; -; ALEMANA; TO FACE COH; CROSS BODY; WITH SIDE CHA;
OP BRK WITH ARMS BFLY; TO LOD THRU AIDA; SWITCH CROSS; TO REVERSE SIDEWALK; THRU AIDA; SWITCH CROSS BFLY; TO LOD SIDEWALK; FENCE LINE MAN IN 4 RIGHT FOOT;

PART B: CIRCULAR FRONT VINE 8; -; SPOT TURN; FENCE LINE IN 4 LEFT FOOT; CIRCULAR FRONT VINE 8; -; OPPOSITION SPOT TURN; FENCE LINE LADY IN 4 MAN CUCARACHA ENDING; SHOULDER TO SHOULDER; SECOND ONE MAN CUCARACHA ENDING TO; LARIAT; WITH SIDE CHA ENDING;

PART C: DOUBLE CUBANS; SINGLE CUBAN 4; DOUBLE CUBANS; SINGLE CUBAN 4; TO REVERSE TWISTY SERPIENTE; -; BASIC; -;
DOUBLE PEEK-A-BOO CHASE; -; -; -; -; -; -; WITH SIDE CHA EXIT;

PART D: HAND TO HAND; TWICE; NEW YORKER TO OPEN; WALK 2 & CHA; SLIDING DOOR; TWICE;
FIGURE 8 CIRCLE AWAY & TOGETHER; -; PASS LEFT SHOULDERS; CIRCLE TOGETHER TO FACE COH; TRAVELING DOOR; TWICE TO OP REVERSE LOD; SLIDING DOOR; TWICE;

ENDING: FIGURE 8 CIRCLE AWAY & TOGETHER; -; PASS LEFT SHOULDERS; CIRCLE TOGETHER TO FACE WALL; CUCARACHA; TWICE; BASIC; -; OP BREAK WITH ARMS;