

# ALL FOR THE LOVE OF SUNSHINE

**Music:** Frank McCaffrey  
<https://www.amazon.com/All-Love-Sunshine/dp/B00ONJTHFI>  
Time 3:46 – Shortened from 2.28,4 to 2.56,8 to Time 3:17  
Slow Down w/ -5% tot Time 3:28 Available from choreographer

**Rhythm:** Waltz Phase: IV+1(Curved Feather)

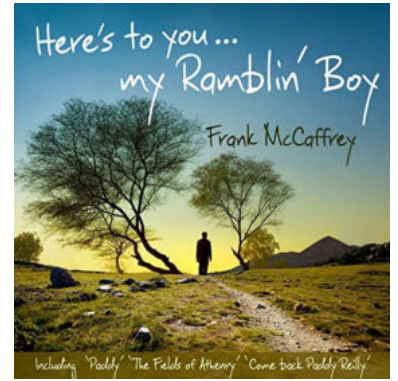
**Footwork:** Opposite except where (Noted)

**Release Date:** Dec 22

**Choreo:** Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

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**Sequence:** INTRO AB AB AB B(9-16) END



## INTRO

### 01-04 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; TWIRL/VINE ; SLOW SIDE LOCK ;

{**Wait**} BFLY POS WALL Id ft free wt 2 meas ; ; {**Twirl/Vine**} Raisg jnd Id hnds Sd L, XRib, sd L (W sd R start trng RF on ball of R under Id hnds, cont RF trn bk L to fc COH, sd R) to SCP LOD ; {**Slow Sd Lock**} Thru R, fwd & sd L risg trng LF, cl R (W thru L trng LF, sd R trng LF, lk Lif) to CP DLC ;

## PART A

### 01-04 OP REVERSE TURN ; BACK & CHASSE to BJO ; OP NATURAL ; BACK & CHASSE to SCAR ;

{**OP Reverse Trn**} Fwd L com LF trn, trng LF sd R, bk L compg 3/8 LF trn (W bk R comm LF trn, cl L [heel trn], fwd R outsd ptr) to BJO RLOD ; {**Bk & Chasse to BJO**} [1,2&3] Bk R trng LF, sd L/cl R, sd & fwd L to BJO DLW ; {**OP Natural**} Fwd R stg RF trn, cont trn sd & bk L, bk R w/ rt sd Id (W bk L trng RF, fwd R btwn M's ft, fwd L) to BJO DRC ; {**Bk & Chasse to SCAR to DLW**} [1,2&3] Trn RF bk L cp DRC shape to lft, sd R/cl L trn RF, fwd R DLW lose shape pvt RF to SCAR DLW ;

### 05-08 CROSS HOVER to SCP ; WEAWE SIX to BJO ; ; FWD FWD/LOCK FWD ;

{**Cross Hover to SCP**} XLif, sd R & fwd hvrg, rec L (W XRib, sd & bk L w/ strong RF trn, fwd R) to SCP LOD ; {**Weave 6 to BJO**} Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R to fc DRC (W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L LOD to BJO) ; Bk L LOD, bk R trng LF trn, sd & fwd L (W fwd R outsd ptr, fwd L to CP contg LF trn, sd & bk R) to BJO DLW ; {**Fwd Fwd/Lock Fwd**} [1,2&3] Fwd R, fwd L/lk Rib, fwd L ;

### 09-12 CURVED FEATHER ; BACK SYNCOPATED TWISTY VINE ; IMPETUS to SCP ; SLOW SIDE LOCK ;

{**Curved Feather**} Staying in BJO thru out fwd R stg to trn RF, contg RF trn sd & fwd L, contg upper bdy trn fwd R (W bk L stg to trn RF, bk R bhd L contg to trn RF w/ strong R sd Id, bk L) ckg to BJO RLOD ; {**Bk Sync Twisty Vine**} (1,2&3) Bk L trng slightly RF, sd R/XLif, sd & bk R to fc DLW (W fwd R trng RF, sd & bk L, cont trng XRib, sd & fwd L to BJO) ; {**Impetus to SCP**} Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn arnd M, brush R & fwd R) to SCP LOD ; {**Slow Sd Lock**} Repeat meas 4 Intro ;

### 13-16 VIENNESE TURNS to DLW ; ; HOVER TELE ; WHIPLASH to BJO WALL ;

{**Viennese Trns to DLW**} Fwd L stg LF trn, sd R cont trn, XLif to fc RLOD (W bk R stg LF trn, sd L cont trn, cl R) ; Bk R cont LF trn, sd L cont trn, cl R (W fwd L cont LF trn, sd R cont trn, XLif) to CP DLW ; {**Hover Tele**} Fwd L, fwd R risg & lft shldr lead, sd & fwd L to SCP LOD ; {**Whiplash to BJO WALL**} [1,--] Thru R, trng bdy RF to ptr pnt L to R (W thru L, pnt R fwd, swiv slowly on L LF to fc ptr pnt R to L) to BJO WALL, - ;

## PART B

### 01-04 STROLLING VINE w/ HESITATION & INSIDE ROLL ; ; STROLLING VINE w/ HESITATION & OUTSIDE ROLL ; ;

{**Strolling Vine w/ Hesitation & Insd Roll**} [1,2,&] Sd L, XRib (WXLif), swiv LF on R to DLW ; Sd & fwd L trng LF raisg Id hnds, fwd R, XLif to fc COH (W fwd R across LOD trng LF, roll LF under Id hnds L, R to fc ptr) ; {**Strolling Vine w/ Hesitation & Outsd Roll**} [1,2,&] Sd R, XLib (WXRif), swiv RF on L to DLC ; Sd & fwd R trng RF raisg Id hnds, fwd L, XRif to fc WALL (W fwd L across LOD trng RF, roll RF under Id hnds R, L to fc ptr) ;

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### 05-08 WHISK ; IN & OUT RUNS ; ; CHAIR & SLIP ;

{Whisk} Fwd L, fwd & sd R stg rise to ball of ft to SCP LOD, XLib (*W XRib*) cont to full rise ; {In & Out Runs} Trng RF fwd R, sd & bk L to CP RLOD, bk R (*W fwd L, fwd R btwn M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, cont trn fwd R btwn W's ft, sd & fwd L (*W trng RF fwd R, cont trn sd L ifo M, cont trn fwd & sd R*) to SCP LOD ; {Chair & Slip} Ck fwd R w/ bent knee, rec L w/ slight LF trn, sm bk R (*W ck fwd L, rec R swvlg 5/8 LF, fwd L*) to CP DLC ;

### 09-12 DIAMOND TURN/W INSIDE TURNS ; ; ; ;

{Diamond Trn/W Insd Trns} Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO DRC ; [raisg ld hnds ]Staying in BJO & trng LF bk R, compg ¼ LF trn sd L, fwd R (*W fwd L comm LF trn* under ld hnds fc RDC, *small sd R cont LF trn, small sd L compg LF trn*) to BJO DRW ; Repeat meas 9,10 Part B to BJO DLW & DLC ; ;

### 13-16 TELEMAR to SCP ; MANUVER ; SPIN TURN ; BOX FINISH ;

{Telemark to SCP} Fwd L comm LF trn, sd R w/ a strong LF trn, sd & slightly fwd L (*W bk R comm LF trn, cl L [heel trn], sd & slightly fwd R*) to SCP DLW ; {Manuver} Fwd R outsd ptr comm RF trn, fwd & sd L cont RF trn, cl R to L to CP RLOD ; {Spin Trn} Stg RF upper bdy trn bk L pvtg ½ RF to fc LOD, fwd R btwn W's ft heel to toe cont trn leavg L leg xtnd bk & sd, rec L (*W stg RF upper bdy trn fwd R btwn M's ft heel to toe pvtg ½ RF, bk L cont trn brush R to L, fwd R btwn M's ft*) to CP DLW ; {Box Finish} Bk R, sd & bk L trng ¼ LF, cl R to CP DLC ;

## ENDING

### 01-02 TELEMAR to SCP ; THRU to CHAIR ;

{Telemark to SCP} Repeat meas 13 Part B ; {Thru to Chair} [1,--] Strong fwd R in lunge action bendg knee