**SUNRISE, SUNSET**

CHOREO: Susan Healea  
ADDRESS: 2803 Louisiana St., Longview, WA 98632  
MUSIC: "Sunrise, Sunset" by Bobby Morganstein  
ALBUM: "The Complete Traditional Party CD #4"  
DOWNLOAD: Available at several Internet download sites  
FOOTWORK: Opposite, dir to man, unless noted in parentheses and italics  
SEQUENCE: INTRODUCTION-A*-B-B*-ENDING  

**INTRODUCTION**

1-6 2 MEAS WAIT CP WALL ; LEFT TURNING BOX ; ; ; ;  
1-2 [1-2] In CP WALL wait 2 meas ; ;  
3-4 [3] From CP WALL fwd L comm ¼ LF turn, comp LF turn sd R to fc LOD, cl L ;  
4-5 Bk R comm ¼ LF turn, comp LF turn sd L to fc COH, cl R ;  
5-6 [5] From CP COH fwd L comm ¼ LF turn, comp LF turn sd R to fc RLOD, cl L ;  
6-7 Bk R comm ¼ LF turn, comp LF turn sd L to fc WALL, cl R ;

7-10 ROLL VINE 3 ; THRU FACE CLOSE TO BFLY WALL ; SIDE SWING THRU [IN BFLY] ; SIDE DRAW TOUCH ;  
7-8 [7] From CP WALL releasing contact with partner sd L, XRib, sd L (W sd and fwd R comm RF turn, sd and bk L cont RF turn, sd and fwd R comp RF turn) to FACING NO HANDS JOINED WALL ;  
8-9 Thru R, fwd and sd L turning RF (W LF) to BFLY WALL, cl R ;  
9-10 [9] Sd L, remaining in BFLY swing R thru toward LOD, - ;  
10-11 Sd R toward RLOD, draw L, tch L ;

**PART A**

1-4 WALTZ AWAY ; TURN IN TO LEFT OPEN RLOD ; BACK WALTZ TWICE ; ;  
1-2 [1] From BFLY WALL releasing lead hands and retaining trail hands joined and turning away from partner fwd L, sd and fwd R, cl L ;  
2-3 [2] Turning toward partner fwd R, sd and fwd L releasing joined trail hands and blending to lead hands joined, bk R turning to LEFT OPEN RLOD ;  
3-4 [3] In LEFT OPEN RLOD bk L, bk and slightly sd R, cl L ;  
4-5 Bk R, bk and slightly sd L, cl R ;

5-8 OPEN REVERSE BOX ; ; THRU TWINKLE ; THRU FACE CLOSE TO BFLY WALL ;  
5-6 [5] In LEFT OPEN RLOD bk L, sd R, cl L ;  
6-7 Fwd R, sd L, cl R ;  
7-8 [7] From LEFT OPEN RLOD fwd L comm LF (W RF) turn, sd R cont LF (W RF) turn toward partner and changing to OPEN LOD, cl L ;  
8-9 Thru R, fwd and sd L turning RF (W LF) to BFLY WALL, cl R ;

9-12 ROLL VINE 3 ; THRU FACE CLOSE TO BFLY WALL ; SIDE SWING THRU [IN BFLY] ; SIDE DRAW TOUCH ;  
9-10 [9] From CP WALL releasing contact with partner sd L, XRib, sd L (W sd and fwd R comm RF turn, sd and bk L cont RF turn, sd and fwd R comp RF turn) to FACING NO HANDS JOINED WALL ;  
10-11 Thru R, fwd and sd L turning RF (W LF) to BFLY WALL, cl R ;  
12-13 Sd R toward RLOD, draw L, tch L ;

13-16 TWIRL VINE 3 ; THRU FACE CLOSE TO BFLY WALL ; CANTER TWICE ; ;  
13-14 [13] From BFLY WALL releasing trail hands sd L comm slight RF turn, XRib, sd L comm slight LF turn (W sd and fwd R comm RF turn under joined lead hands, sd and bk L cont RF turn, sd and fwd R comp RF turn) ;  
14-15 Thru R, fwd and sd L turning RF (W LF) to BFLY WALL, cl R ;  
16-17 [16] Sd L, draw R, cl R ;

**PART A* [MODIFIED]**

1-16 WALTZ AWAY ; TURN IN TO LEFT OPEN RLOD ; BACK WALTZ TWICE ; ; OPEN REVERSE BOX ; ;  
1-2 Thru L comm slight RF turn, XRib, sd L comm slight LF turn (W thru L turning LF in front of M, sd and bk R, cl L) ;  
2-3 Fwd L, fwd and slightly sd R, cl L ;  
3-4 [14] Thru R, slightly sd and fwd L to CP LOD, cl R (W thru L turning RF in front of M, sd and bk R, cl L) ;  
4-5 Sd L, remaining in BFLY swing R thru toward LOD, - ;  
5-6 Thru L comm slight LF turn, comp LF turn sd R to fc RLOD, cl L ;  
6-7 Thru R, fwd and sd L comm slight RF turn, comp LF turn sd R to fc COH, cl R ;  
8-9 [16] Releasing contact with partner in place R, in place L, in place R turning slightly RF (W bk L, bk R, bk L turning slightly RF) to LEFT HAND STAR DLW ;
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*PHASE II + 1 WALTZ [Average]*

*by SUSAN HEALEA*

**PART B**

1-4 PROGRESSIVE TWINKLE 3 TIMES [IN STARS] ; ; ;  FORWARD FACE CLOSE TO CP WALL ;
1-2 [1] From LEFT HAND STAR DLW fwd L with slight crossing action, fwd and sd R turning LF (W LF) to RIGHT HAND STAR DLC, cl L ; [2] Fwd R with slight crossing action, fwd and sd L turning RF (W RF) to LEFT HAND STAR DLW, cl R ;
3-4 [3] From LEFT HAND STAR DLW fwd L with slight crossing action, fwd and sd R turning LF (W LF) to RIGHT HAND STAR DLC, cl L ; [4] Releasing contact with partner fwd R, fwd and sd L turning toward partner to CP WALL, cl R ;

5-8 CANTER TWICE ; ; HOVER ; PICKUP SIDE CLOSE TO CP LOD ;
7-8 [7] From CP WALL fwd L, fwd and slightly sd R rising to ball of foot, sd and slightly fwd L to tight SCP DLC ; [8] Thru R, slightly sd and fwd L to CP LOD, cl R (W thru L turning LF in front of M, sd and bk R, cl L) ;

9-12 LEFT TURNING BOX TO CP LOD ; ; ; 
9-10 [9] From CP LOD fwd L comm ¼ LF turn, comp LF turn sd R to fc COH, cl L ; [10] Bk R comm ¼ LF turn, comp LF turn sd L to fc RLOD, cl R ;

13-16 PROGRESSIVE BOX ; ; FORWARD WALTZ ; DRIFT APART TO LEFT HAND STAR DLW ;

**PART B* [MODIFIED]**

1-16 PROGRESSIVE TWINKLE 3 TIMES [IN STARS] ; ; ;  FORWARD FACE CLOSE TO CP WALL ;
CANTER TWICE ; ; HOVER ; PICKUP SIDE CLOSE TO CP LOD ; LEFT TURNING BOX TO CP LOD ; ; ; 
PROGRESSIVE BOX ; ; FORWARD WALTZ TWICE ;
1-16 [1-15] Repeat B meas 1-15 ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; [16] In CP LOD fwd R, fwd and slightly sd L, cl R ;

**ENDING**

1-4 LEFT TURNING BOX ¾ TO CP WALL ; ; ;  BACK HALF BOX ;
1-2 [1] From CP LOD fwd L comm ¼ LF turn, comp turn sd R to fc COH, cl L ; [2] Bk R comm ¼ LF turn, comp turn sd L to fc RLOD, cl R ;

5-8 SWAY LEFT ; SLOWLY SWAY RIGHT AND HOLD ;  ROLL VINE 3 ; THRU FACE CLOSE TO BFLY WALL ;
5-6 [5] In CP WALL sd L shifting momentum of body towards left causing the stretching of the body on the left with a slight draw of the R towards the L, - - ; [6] Very slowly sd R shifting momentum of body towards right causing the stretching of the body on the right with a slight draw of the L towards the R, - - ; Note: measure 6 feels almost equivalent to two measures.
7-8 [7] From CP WALL releasing contact with partner sd L, XRib, sd L (W sd and fwd R comm RF turn, sd and bk L cont RF turn, sd and fwd R comp RF turn) to FACING NO HANDS JOINED WALL ; [8] Thru R, fwd and sd L turning RF (W LF) to BFLY WALL, cl R ; Note: measure 7 starts on the word “tears”.

9-10 SIDE SWING THRU [IN BFLY] ; LUNGE RLOD AND HOLD ;
9-10 [9] In BFLY WALL sd L, remaining in BFLY swing R thru toward LOD, - ; [10] Remaining in BFLY sd R toward RLOD with soft knee and look RLOD, - - ; SMILE ☺