SUNRISE, SUNSET

CHOREO: Susan Healea PHONE: 360-423-7423
ADDRESS: 2803 Louisiana St., Longview, WA 98632 EMAIL: mscue@iinet.com

MUSIC: "Sunrise, Sunset" by Bobby Morganstein RHYTHM: Waltz

ALBUM: "The Complete Traditional Party CD #4" RAL PHASE: II + 1 [Hover]

Bobby Morganstein Productions DIFFICULTY: Average

DOWNLOAD: Available at several Internet download sites

TIME@100%: 2:18

FOOTWORK: Opposite, dir to man, unless noted in parentheses and italics

SUG. SPEED: 88%

SEQUENCE: INTRODUCTION-A-A*-B-B*-ENDING REL. DATE: July, 2010

MEAS.

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] 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 1/4 LF turn, comp LF turn sd R to fc RLOD, cl L; **[6]** Bk R comm 1/4 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]** 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] 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]** 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] 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]** 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]** 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] Thru R, fwd and sd L turning RF (W LF) to BFLY WALL, cl R;
 - 11-12 [11] Sd L, remaining in BFLY swing R thru toward LOD, -; [12] 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] Thru R, fwd and sd L turning RF (W LF) to BFLY WALL, cl R;
 - 15-16 [15] In BFLY WALL sd L, draw R, cl R; [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;;
 THRU TWINKLE; THRU FACE CLOSE TO BFLY WALL; ROLL VINE 3; THRU FACE CLOSE TO BFLY WALL;
 SIDE SWING THRU [IN BFLY]; SIDE DRAW TOUCH; TWIRL VINE 3; PICKUP SIDE CLOSE TO CP LOD;
 FORWARD WALTZ; DRIFT APART TO LEFT HAND STAR DLW;
 - 1-13 **[1-13]** Repeat Part A meas 1-13;;;;;;;;;;
 - 14-16 **[14]** 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); **[15]** Fwd L, fwd and slightly sd R, cl L; **[16]** Releasing contact with partner in place R, in place R turning slightly RF (W bk L, bk R, bk L turning slightly RF) to LEFT HAND STAR DLW;

SUNRISE, SUNSET

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;
 - 5-6 **[5]** In CP WALL sd L, draw R, cl R; **[6]** Sd L, draw R, cl R;
 - 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;
 - 11-12 [11] From CP RLOD fwd L comm ¼ LF turn, comp LF turn sd R to fc WALL, cl L; [12] Bk R comm ¼ LF turn, comp LF turn sd L to fc LOD, cl R;
- 13-16 PROGRESSIVE BOX;; FORWARD WALTZ; DRIFT APART TO LEFT HAND STAR DLW;
 - 13-14 **[13]** In CP LOD fwd L, sd R, cl L; **[14]** Fwd R, sd L, cl R;
 - 15-16 **[15]** Fwd L, fwd and slightly sd R, cl L; **[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;

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 3/4 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;
 - 3-4 [3] From CP RLOD fwd L comm ¼ LF turn, comp turn sd R to fc WALL, cl L; [4] Bk R, sd L, cl R;
- 5-8 SWAY LEFT; SLOWLY SWAY RIGHT AND HOLD; ROLL VINE 3; THRU FACE CLOSE TO BFLY WALL;
 - [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 rght 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** ©