SUNRISE, SUNSET

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Artist: Columbia Ballroom Orchestra - Download from Amazon or
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Rhythm: Waltz  Phase 4  Released 5/2015

Footwork: Opposite Unless Noted

Sequence: Intro-A-A-B-C-END

INTRO

1-4  CP FCG DLW WAIT;;  STEP FWD & TCH;  BOX FINISH DLC;
    1-2  {CP DLW} Wait;;
    3-4  {Step Fwd & Tch} Fwd L, tch R to CP DLW;  {Box Finish} Bk R trng LF, sd L cont
         Trn to fc DLC, cl R;

PART A

1-4  2 LEFT TRNS;;  HOVER;  THRU CHASSE BJO;
    1-2  {2 Left Turns} Fwd L trng LF, Step sd On R cont trng, Cl L;  Bk R cont trng, sd L
         Cont trn, Cl R to CP WALL;
    3-4  {HOVER} Fwd L, Sd & fwd R rising, rec L to SCP LOD:  {Thru Chasse Bjo} Thru R
         Fc ptr, sd L/cl R, sd L to BJO (W Thru L to fc ptr, Sd R/cl L, sd R endg in BJO);

5-8  FWD CHASSE SCP;  WEAVE TO BJO;;  CK FWD LADY DEVELOP;
    5   { Fwd Chasse Scp} Fwd R trng to fc ptr, sd L/cl R, sd & fwd L to SCP;
    6-7  { Weave Bjo} Fwd R, fwd L comm LF trn, cont trng sd & bk R to fc DRC;  Bk L
         LOD Leading ptr to bjo, bk R cont trn, sd & fwd L to BJO;
    8   { Ck Fwd Lady Develop} Fwd R outsdt ptr cking,- (W Bk L, bring R foot up to
         L leg to inside of L knee, extend R foot Fwd;

9-12  OUTSIDE SWIVEL;  THRU SCP CHASSE;  THRU CHASSE BJO;
    FWD FWD LK FWD;
    9   {Outside Swivel} Bk L, XRIF no weight,-(W Fwd R, swivel RF to SCP,-);
    10-11  {Thru SCP Chasse} Thru R trng fc ptr, sd L/cl R, sd L to SCP;
            {Thru Chasse Bjo} Thru R trng fc ptr, sd L/cl R, sd L to BJO;
    12  {Fwd Fwd Lk Fwd} Fwd R, fwd L/Lk R, Fwd L;

13-16  MANUV;  SPIN TURN;  BOX FINISH;  CANTER;
    13-14  {Manuv} Fwd R trng RF to fc RLOD, sd L, cl R (W Bk L trng RF, Sd R, cl L);
            {Spin Turn} Bk L pivoting ½ RF, fwd R between W’s feet w/rise, rec sd & bk L to DLW;
    15-16  {Box Finish} Bk R trng LF, sd L, Cl R to CP DLC; {Canter} To COH sd L, draw R to L, Cl R;
SUNRISE, SUNSET (PG 2)
Shirley & Don Heiny

REPEAT A

PART B

1-4 DIAMOND TURNS;;;;
1-4 {Diamond Turns} Fwd L trng LF, cont LF trn sd R, Bk L to BJO DRC; Bk R trng LF, Sd L cont LF trn, fwd R to DRW; Fwd L trng LF, sd R cont LF trn, bk L to DLW; Bk R trng LF, sd L cont LF trn, Fwd R to BJO DLC;

5-8 TURN LEFT & CHASSE BJO; BK BK LK BK; IMPETUS; THRU HOVER BJO;
5-6 {Turn Left & Chasse Bjo} Fwd L trng LF, cont LF trn sd & bk R/cl L, bk R to BJO;
{ Bk Bk Lk Bk } Bk L, bk R/lk LF (W Lk RIB), bk R;
7-8 { Impetus } Bk L comm RF trn, Cl R cont Rf Heel Trn, sd & fwd L to SCP LOD ( W Fwd R trng RF, sd & fwd around M, Fwd R); { Thru Hover Bjo} Thru R, fwd L w/rise, Bk R ( W Thru L, Fwd R w/rise trng to BJO, fwd L);

9-12 BACK HOVER SCP; THRU FC CL; TWIRL VINE 3 BFLY; CK THRU REC SD;
9-10 { Back Hover Scp} Bk L, Bk R w/ rise, fwd L to SCP (W fwd R, Fwd L w/ rise Trn to SCP, Fwd R); {Thru Fc Close} Thru R trng fc ptr, sd L, cl R to Bfly WALL;
11-12 { Twirl Vine} Sd L, XRIB, Sd L ( W Twirl RF R,L,R) to BFLY;
{ Check Thru Rec Sd} Ck thru R, Rec L to fc , Sd R in BFLY;

13-16 THRU CHASSE RLOD; CK THRU REC SD; THRU CHASSE SEMI; PKUP SD CL;
13-14 { Thru Chasse to RLOD} Thru L, sd R/cl L, sd R to BFLY; {Ck Thru Rec Sd} Ck Thru L, rec R to fc, sd L to SCP LOD;
15-16 { Thru Scp Chasse} Thru R trng to fc ptr, sd L/cl R, sd L to SCP; {Pickup Sd Cl} Thru R, fwd & sd L comm LF trn leading W to pkup, cl R to CP DLC;

REPEAT B

PART C

1-4 TELEMARK; THRU CHASSE BJO; CLOSED WING; TURN L & CHASSE BJO;
1-2 {Telemark} Fwd L trng LF, sd & fwd R around W trng LF (W Heel Trn), fwd L to SCP DLW; {Thru Chasse Bjo} Repeat Meas 4 of Part A;
3-4 { Closed Wing} Fwd R, draw L to R trng upper body slightly LF(W Bk L, sd R xing in Front of M, fwd L to S/C; {Turn Left & Chasse Bjo} Repeat Meas 5 of Part B;
PART C CONT:

5-8 IMPETUS ½ OPEN; OPEN IN & OUT RUNS; NAT’L HOVER FALLAWAY;
   5  { Impetus to ½ Open} Bk L comm RF trn, cl R cont RF Heel Trn, sd & fwd L to ½ OPEN LOD;
   6-7 { Open In & Out Runs} Fwd R comm RF trn releasing Ld hnds, sd & bk L to CP, bk R; Bk L trng RF, sd & fwd between W’s feet cont RF trn, fwd L to SCP ( W fwd L releasing Ld hnds, fwd R between M’s feet, fwd L outside ptr L;)
     (Fwd R starting RF trn, Fwd & sd L cont trn, Fwd R to SCP);
   8 {Nat’l Hover F’Way} Fwd R, Fwd L trng RF w/ rise, rec R to SCP DRW;

9-12 SLIP PIVOT; MANUV; OVERSPIN TURN; STEP BACK & CHASSE SCP;
   9-10 {Slip Pivot} Bk L, Bk R trng LF, sd & fwd L to BJO ( W Bk R comm LF trn, cont Trn fwd L, sd & bk R); {Mauuv} Repeat Meas 13 of Part A;
   11-12 {Overspin Turn} Bk L comm RF trn, fwd R Lod rise & cont RF trn, bk L ( W Fwd R trng RF, Bk L 2/rise & brush R to L cont trng, fwd R) to CP DRW;
     {Step Back & Chasse SCP} Step Bk R trng 1/8, sd L/cl R, sd L to SCP LOD;

13-16 WEAVE TO BJO;; CK FWD LADY DEVELOP; OUTSIDE SWIVEL;
   13-14 {Weave} Thru R, Fwd L trng LF, sd & bk R; Bk L, Bk R cont LF trn, sd & Fwd L to BJO LOD;
   15-16 {Ck Fwd Lady Develop} Repeat Meas 8 of Part A; {Outside Swivel} Repeat Meas 9 of Part A;

ENDING

1-2 THRU SCP CHASSE; CHAIR THRU & HOLD;
   1-2 {Thru SCP Chasse} Repeat Meas 10 of Part A; {Chair} Thru R lowering w/soft Knee, & Hold,-;