

SUNRISE, SUNSET

CHOREO: Shirley & Don Heiny 4613 N. 1150 E. Idaville, In 47950
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Music: CD – Let's Dance, Vol 1: Invitation To Dance Party Time 2:58
Artist: Columbia Ballroom Orchestra - Download from Amazon or
Contact Choreo Difficulty - Average
Rhythm: Waltz Phase 4 Released 5/2015
Footwork: Opposite Unless Noted
Sequence: Intro-A-A-B-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 outsd 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;

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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 LIF (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;

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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); { Manuv } 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,-;