Sunshine

Choreo: Dwain & Judy Sechrist, 2630 S. Honeysuckle Circle, Mesa, AZ 85208
(480) 357-8491 e-mail DJRnds312@aol.com

Music: Premium Standard - “Ballroom Fantasy” CP-5004 Trk#1 (or Contact choreographer)

Footwork: Lady opposite (except as noted) Rhythm: Waltz Phase: 6 (Soft) Speed: 29 MPM

Timing: Standard (except as noted) 9/2005

Sequence: Intro, A, B, (B(Mod), A, End

INTRO

1 – 4 SLOWLY FOLD ARMS & EXTEND; X-CK REC SD; X-RONDE (M CL);

A SEQ

1-4 CHECK-BK REC SCP; WEAVE w/(LADY’S INSD UNDERARM) to SKTRS; FWD 3;

5-8 FWD CHASSE R; X-CK REC SD; LADY SYNC PICKUP LOCK; OPN TELE;

9-12 RUNNING OPN NATRL; BK RIPPLE CHASSE; SYNC PVT & TWST; 

13-16 ROLLING SWAY TO HIGH LINE; CONTRA CK REC SCP; THRU CHASSE SCP;

17-18 WEAVE 5 w/CHECK & SWITCH;
1-4 NATRL OVR-SPIN ; : OK LOCK - SIDE/LOCK ; DOUBLE REVERSE :

1-2 [Natural Over-Spin] [Natural Turn] Fwd R, fwd & sd L, cl R (Bk L, sd & fwd R, cl L); [Spin Turn] Bk L pvt RF, fwd R pvt RF, bk L fcg DRW (Fwd R pvt RF, bk L pvt RF, fwd R);

3 1&23 & [Quick Lock - Side/Lock] Bk R/XLIF, bk R trng LF, sd L with rise/XRIB (Fwd L/XRIB, fwd L trng LF, sd R with rise/XLIF);

4 45&6 [Double Reverse Spin] Fwd L, fwd & sd R trng LF, cont. LF trn on R to fc DLW in SCAR (Bk R, heel trn cl L/sd & fwd R trng LF, XLIF);

5-8 DRAG HESIT (BJO) ; CURL TO SKTRS (w/LAYBACK) ; THRU SWVL TO SLO HINGE ;

5 12- [Drag Hesitation] Fwd L start trng LF, sd R cont trn, draw L twd R cont trn to BJO fcg DRC (Bk R, sd L, draw R twd L);

6 4-- [Curl to Skaters] XLIB as raise ld hnds to lead W’s LF trn, rel ld hnd hld to end in Sktrs Pos, shaping twwd ptr (Fwd R, swivel LF on R [Curl], as “lay bk” against M’s R arm);

7-8 12- [Thru Swivel to Hinge Line] Thru R twd RLOD, sd L [small step] as W swivels LF to loose CP, -: slowly lwr into L leg shaping twwd ptr ending in Hinge Line (Thru L twd RLOD, swivel LF fcg DLW, -:; slowly lwr into L leg ending in Hinge Line);

9-12 LADY SYNC OTSD TRN (SCAR) ; X-HVR SCP ; THRU CHASSE ; SYNC PVT ;

9 123 [Lady’s Sync. Outside Turn to SCAR] Bk R lead W fwd as raise ld hnds, bk L w/raise lead W’s RF turn, sd & fwd R SCAR (Fwd R, fwd & sd L trng RF/sd & fwd R, sd & bk L);

10 [Cross Hover to SCP] Fwd L, fwd & sd R w/raise, sd & fwd L SCP (Bk R, sd & bk L w/raise, sd & fwd R);

11 12&3 [Thru to Chassé] Thru R, sd & f/wd L/cl R, f/wd L (Thru L, & f/wd R/cl L, f/wd R);

12 12&3 [Syncopated Natural Pivot] Thru R, sd & bk L pivoting RF/fwd R pivoting RF, bk L trng RF (Fwd R pivoting RF/cl L pivoting RF, fwd R trng RF);

13-16 R LNG ROLL & SLIP ; FWD CHASSE R ; BK BK/LK BK ; BK HVR TRN TO SKTRS ;

13 [Right Lunge Roll & Slip] Lunge sd & f/wd R twd LOD chg shape to R as xfr wgt over R ft start RF body roll, swvl RF as stp L [sm1 stp] rise & chg sway to L trng bdy LF, slip R bk to CP fcg DLC (Lunge sd & bk L xfr wgt over L ft body roll, cl R to L as rise, slip L f/wd btw M’s feet to CP);

14 12&3 [Forward Chassé Right] Fwd L, sd R/cl L, sd R fcg DRC (Bk R, sd L/cl R, sd L);

15 12&3 [Sync Back Lock] Bk L, bk R/XLIF, bk R (Fwd R, fwd L/XRIB, fwd L);

16 1-3 [Back Hover Turn to Skaters] Rel lead hold as stp bk L trng RF, rise on L , sd R to Skaters LOD [both w/L ft free] (Fwd R, cl L spinning RF, sd & f/wd R [like a Riff Turn]);

17-20 FWD 3 ; UNDR ARM ROLL ; FWD UNDR ARM ROLL (L-SKTRS) ; PROG HVR (SKTRS) :

17 [Forward 3] [same footwork] Fwd L, R, L ;

18 [Right face Underarm Roll] [Both roll RF w/l hnds jnd] Raise jnd L hnds as step fwd R trng RF, loop jnd hnds over W’s head as cont trn sd & bk L, lwr jnd hnds to end bhnd M’s bk & rel hld as complete trn sd & f/wd R join R hnds in frnt of W;

19 12&3 [Forward & Underarm Roll to L Sktrs] [Both stp fwd L then qkly roll RF as raise jnd R hnds over W’s head - this time ending in SCAR] Fwd L, raise jnd R hnds as step fwd R twd DLW trng RF [M passes IF of W while changing sds]/fwd & sd L trng RF as loop jnd hnds over W’s head, lwr jnd hnds to sd & f/wd R blend to L-Sktr;

20 [Progressive Hover to Skaters] Fwd L leading W to pass in front, fwd & sd R w/raise, fwd L - end in Skaters DLC (Fwd L twd DLW in front of ptr, fwd & sd R w/slt rise, sd & f/wd L);

21-22 LADY SYNC PICKUP LOCK ; CLOSED TELEMARK ;

21 123 [Lady’s Sync Pickup Lock] Fwd R, fwd & sd L, XRIB (Fwd R, fwd L, trng LF/stp sd R, XLIF);

22 [Closed Telemark] Fwd L, fwd & sd R trng LF, sd & fwd L CBJO DLW (Bk R, heel trn on R as cl L to fc ptr, sd & bk R); [Note: 2nd time thru this will be an Open Telemark]
B SEQ (Add Meas. 23 - 26)

1 - 4  NATRL OVR-SPIN ; ; QK LOCK - SIDE/LOCK ; DOUBLE REVERSE ;

5 - 8  DRAG HESIT (BJO) ; CURL TO SKTRS (w/LAYBACK) ; THRU SWVL TO SLO HINGE ; ;

9 - 12  LADY SYNC OTSD TRN (SCAR) ; X-HVR SCP ; THRU CHASSE ; SYNC PVT ;

13 - 16  R LNG ROLL & SLIP ; FWD CHASSE R ; BK BK/LK BK ; BK HVR TRN TO SKTRS ;

17 - 20  FWD 3 ; UNDR ARM ROLL ; FWD UNDR ARM ROLL (L-SKTRS) ; PROG HVR (SKTRS) ;

21 - 24  LADY SYNC PICKUP LOCK ; OPEN TELEMARK ; OPEN NATRL ; BK TRNG WHISK ;

21  123  {Lady's Sync Pickup Lock} Fwd R, fwd & sd L, XRIB (Fwd R, fwd L, trng LF/stp sd R, XLIF);

(12&3)

22  {Open Telemark} Fwd L, fwd & sd R trng LF, sd & fwd L SCP DLW (Bk R, heel trn on R as
cL to fc ptr, sd & fwd R);

23  {Open Natural} Thru R, fwd & sd L, bk R w/R sd lead (Fwd L, fwd R, fwd L);

24  {Back Turning Whisk} Bk L trng RF, sd R cont trn, as XLIB (Fwd R trng RF, sd L cont trn, as
XRIB);

25 - 26  CHASSE 1/2 OPN ; THRU RONDE - FREEZE ;

25  12&3  {Chasse to Half-open} Thru R, fwd L/cl R, fwd L to 1/2 OPN (Thru L fwd R/cl L, fwd R);

26  1--  {Thru Ronde - Freeze} Thru R, Ronde L CW to pt sd & fwd twd LOD, hold (Thru L, Ronde R
CCW to pt sd & bk, hold);  [like a slow Whiplash]

Repeat A SEQ

1 - 4  CHECK-BK REC SCP ; WEAVE w/(SYNC UNDERARM) to SKTRS ; ; FWD 3 ;

5 - 8  FWD CHASSE R ; X-CK REC SD ; LADY SYNC PICKUP LOCK ; OPN TELE ;

9 - 12  RUNNING OPN NATRL ; BK RIPPLE CHASSE ; SYNC PVT & TWST ; ;

13 - 16  ROLLING SWAY TO HIGH LINE ; ; CNTRA CK REC SCP ; THRU CHASSE SCP ;

17 - 18  WEAVE 5 w/CK & SWITCH ; ;

END

1 - 3  RUDOLPH FALLAWAY - SWIVEL TO THROWAWAY w/CURL ; ;

1 - 3  {Rudolph Ronde to Fallaway} Fwd R w/R sd lead, w/slight lift trn hips RF, stay low in tight SCP
start to stp bk L [well under bdy] (Bk L, Rondé R CW well behind L, stay low as start to step bk R
in tight SCP);

{Complete Fallaway then Swivel to Throwaway w/Curl} Cont to stp bk L w/slight rise, trn bdy
LF to CP fcg nearly LOD, cl R to L as start Throwaway lead; as lwr into R raise jnd hnds to lead
W’s Curl [LF swivel] cont to lwr into R xtd L sd & fwd, - - (Cont to stp bk R w/rise, swivel LF
on R to CP, slowly lwr as press L toe bk twd LOD; retain L ft twd LOD as Curl LF on R, - -);

{Lady's Sync Pickup Lock} Fwd R, fwd & sd L, XRIB (Fwd R, fwd L, trng LF/stp sd R, XLIF);

(12&3)