Sunshine In My Life

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Music: "Sunshine In My Life" by Susie Villapane
CD: "Freedom" or single download at casa-musica-shop.de
Release Date: August 2014
Rhythm: Rumba  Phase: IV
Original Length of Music: 3:33
Music Modification: None
Sequence: Intro AB AB(mod) Int B(mod) End
Footwork: Opposite for Woman unless otherwise noted

INTRO (4 Measures)
1-4  FCING PTR & WALL IN BFLY ~ WAIT; WAIT; CUCARACHA 2X;;
1-2  (Wait; Wait) Hold intro position above for 2 measures;;
3-4  (Cucaracha 2X) Sd L with partial weight, rec R, clo L, -; Sd R with partial weight, rec L, clo R, -;

PART A (14 Measures)
1-2  BASIC;; NY; SPOT TURN; FENCE LINE; THRU SERPIENTE;; SPOT TURN;
1  (Basic) Fwd L, rec R, sd L, -; Bk R, rec L, sd R, -;
2  (NY) Swiveling on right ft bring L ft thru with straight leg to sd by sd position fcng RLOD, rec R swiveling to fc ptr and wall, sd L, -;
3  (Spot Trn Bfly) Swivel 1/4 on ball of left ft fwd R trning 1/2, rec L trning 1/4 to fc ptr, sd R to Bfly fcng Wall, -;
4  (Fnc Ln) X lunge thru L with bent knee looking right, rec R trning to fc ptr, sd L, -;
5  (Thru Serpiente) Thru R, sd L, behind R, fan left CCW; behind L, sd R, thru L, fan right CCW;
6-7  (Spot Trn Bfly) Swivel 1/4 on ball of left ft fwd R trning 1/2, rec L trning 1/4 to fc ptr, sd R to Bfly fcng Wall, -;
9-14  FENCE LN; AIDA; SWITCH RK; CRAB WK 1/2 (LOD); CUCARACHA X; CUCARACHA;
9  (Fnc Ln) X lunge thru L with bent knee looking right, rec R trning to fc ptr, sd L, -;
10  (Aida) To LOD ~ Thru R trning RF, sd L continuing RF trn, bk R, -;
11  (Switch Rk) Turning LF to fc partner sd L cking bringing joined hands thru, rec R, sd L, -;
12  (Crab Wk 1/2) To LOD ~ XRIF of left, sd L, XRIF of left, -;
13  (Cucaracha X) Sd L with partial weight, rec R, XLIF of right, -;
14  (Cucaracha) Sd R with partial weight, rec L, clo R, -;

PART B (14 Measures)
1-8  FWD BASIC; FACING FAN; FWD BASIC ~ LADY WRAP ~ MAN TRANSITION;
(LT FT) HIP RKS 2X;; FWD BASIC ~ MAN TRANSITION ~ LADY CLOSES;
SLIDING DOOR 2X;;
1  (Fwd Basic) Fwd L, rec R, fwd L, -;
2  (Facing Fan) Bringing hnds low and in front of body bk R, rec fwd L turning 1/4 LF to fc LOD, fwd R, -; (Fwd L, trning LF step sd & bk R making 1/4 trn to left, bk L leaving right ft extended fwd with no weight, -)
3  (Fwd Basic ~ Lady Wrap ~ Man Transition) Fwd L, raising left arm and leaving right arm low with no step lead Lady to start to wrap, rec R bringing left arm down to wrap fcng LOD, -; (Bk R, raising right arm fwd L starting 1/2 LF trn under Mans left arm, complete 1/2 LF trn to fc LOD sd R lowering arms to wrap, -)
4-5  (Hip Rks 2X) In Wrapped Position ~ both with left ft free ~ Rk sd L rolling hip sd and bk, rec R with hip roll, rec L with hip roll, -; Rk sd R rolling hip sd and bk, rec L with hip roll, rec R with hip roll, -;
6  (Fwd Basic ~ Man Transition ~ Lady Closes) Staying in Wrapped Position LOD Fwd L, -, rec R, -; (Fwd L, rec R, clo L to right, -)
7-8  (Sliding Door 2X) Letting go of wrapped position ~ Rk apt L, rec R, XLIF of right, -; Rk apt R, rec L, XRIF of left, -;
9-14  
RK SD, REC, FWD; MAN SPOT TURN ~ LADY FAN; HOCKEY STICK;;
CK FWD ~ LADY DEVELOP; BK SD CLO TO BFLY; ** 2ND & 3RD TIME THRU TO CPW

9  
(Rk Sd, Rec, Fwd) Rk sd L, rec R, fwd L, -;
10  
(Man Spot Turn ~ Lady Fan) Fwd R trning 1/2, rec L trning 1/4 to fc ptr, sd R, -; (Fwd L, fwd R turning 1/2 LF to fc RLOD, bk L extending left arm, -)
11-12  
(Hockey Stick) Fwd L, rec R, clo L, -; Bk R, rec L trning slightly to fc DRW, fwd R following ptr, -; (Clo R, fwd L, fwd R, -; Fwd L, fwd R trning LF to fc DLC & ptr, sd and bk L, -)
13  
(Ck Fw – Lady Develop) Fwd L outside ptr checking, -, -, -; (Bk R, bring L foot up right leg to inside of right knee on counts 2 and 3,, extend L foot fwd;)
14  
(Bk Sd Clo to Bfly) Bk R to fc Wall, sd L, clo R to Bfly facing Wall, -;

REPEAT PART A (14 Measures)

PART B(mod) (14 Measures)

1-8  
FWD BASIC; FACING FAN; FWD BASIC ~ LADY WRAP ~ MAN TRANSITION;
(LT FT) HIP RKS 2X;; FWD BASIC ~ MAN TRANSITION ~ LADY CLOSES;
SLIDING DOOR 2X;;

1-8  
Repeat Part B measures 1-8

9-14  
RK SD, REC, FWD; MAN SPOT TURN ~ LADY FAN; HOCKEY STICK;;
CK FWD ~ LADY DEVELOP; BK SD CLO TO CPW;

9-13  
Repeat Part B measures 9-13

14  
(Bk Sd Clo to CPW) Bk R to fc Wall, sd L, clo R to CPW, -;

INTERLUDE (8 Measures)

1-8  
START A CROSS BODY; LADY CROSS SWIVEL 2X; FINISH CROSS BODY;
NY; FENCE LINE; CHASE W/ UNDERARM PASS LOW BFLY;; HIP RK 4 QKS;

1  
(Start a Cross Body) Fwd L, rec R turning 1/4 LF, sd L fc LOD, -; (Bk R, rec L, fwd R, -)
2  
(Lady Cross Swivel Twice) Sd R, -, sd L, -; (Fwd L swiveling 1/2 LF, -, fwr R swiveling 1/2 RF, -)
3  
(Finish Cross Body) Bk R turning LF 1/4, fwr L fc COH, sd R, -; (Fwd L, fwr R turning LF 1/2, sd L, -)
4  
(NY) Swiveling on right ft bring L ft thru with straight leg to sd by sd position facing LOD, rec R swiveling to fc ptr and COH, sd L, -

5  
(Fnc Ln) X lunge thru R with bent knee looking left, rec L trning to fc ptr, sd R, -

6-7  
(Chase w/ Underarm Pass) Fwd L commence 1/2 RF turn keeping lead hands joined, rec fwr R, fwr L, -; Bk R raising joined lead hands, rec L, sd R, -; (Bk R keeping lead hands joined, rec L, fwr R toward Man's left side, -; Fwr L, fwr R turning 1/2 LF under joined lead hands to fc partner, sd L, -)

8  
(Hip Rk 4 Qks) Bringing hands low between partner ~ Rk sd L rolling hip sd and bk, rec R with hip roll, rec L with hip roll, rec R with hip roll;

REPEAT PART B(mod) (14 Measures)

END (3 Measures)

1-3  
BK TO CORTE ~ HOLD;; LADY QUICK LEG CRAWL;;

1-2  
(Bk to Corte ~ Hold) Bk & Sd L lowering into left leg and leaving right leg extended fwr, -, -, -, -, -; (Fwr & sd R lowering into right leg and leaving left leg extended bk, -, -, -, -, -, -)

5  
(Lady Quick Leg Crawl) Hold Bk Corte position, -, -, -; (Lift left leg up along Man's outer right thigh with toe pointed to the floor, -, -, -).

See Page 3 for Quick Cues
"Sunshine In My Life" Quick Cues

Sequence: Intro AB A B(mod) Int B(mod) End

Intro: Bfly Fcing Wall - Lead Feet Free ~ Wait; Wait; Cucaracha 2X;

A: Basic;; NY; Spot Trn;
   Fnc Ln; Thru Serpiente;; To a Spot Trn;
   Fnc Ln; Aida; Switch Rk; Crab Wk 1/2;
   Cucaracha Cross; Cucaracha;

B: Fwd Basic; Fcing Fan; Fwd Basic ~ Lady Wrap ~ Man Transition; Hip Rks 2X;;
   Fwd Basic ~ Man Transition ~ Lady Close; Sliding Door 2X;;
   Rk Sd, Rec, Fwd; Man Spot Trn ~ Lady Fan; Hockey Stick;;
   Ck Fwd ~ Lady Develop; Bk Sd Clo Bfly Wall;

A: Basic;; NY; Spot Trn;
   Fnc Ln; Thru Serpiente;; To a Spot Trn;
   Fnc Ln; Aida; Switch Rk; Crab Wk 1/2;
   Cucaracha Cross; Cucaracha;

B(mod): Fwd Basic; Fcing Fan; Fwd Basic ~ Lady Wrap ~ Man Transition; Hip Rks 2X;;
       Fwd Basic ~ Man Transition ~ Lady Close; Sliding Door 2X;;
       Rk Sd, Rec, Fwd; Man Spot Trn ~ Lady Fan; Hockey Stick;;
       Ck Fwd ~ Lady Develop; Bk Sd Clo CPW;

Int: Start a Cross Body; Lady Cross Swivel 2X; Finish the Cross Body;
     NY; Fnc Ln; Chase w/ UA Pass to Low Bfly;; Hip Rk 4 Qks;

B(mod): Fwd Basic; Fcing Fan; Fwd Basic ~ Lady Wrap ~ Man Transition; Hip Rks 2X;;
       Fwd Basic ~ Man Transition ~ Lady Close; Sliding Door 2X;;
       Rk Sd, Rec, Fwd; Man Spot Trn ~ Lady Fan; Hockey Stick;;
       Ck Fwd ~ Lady Develop; Bk Sd Clo CPW;

End: Bk to Corte & Hold;; Lady Leg Crawl;