Sunshine

Choreo: Dwain & Judy Sechrist, 2630 S. Honeysuckle Circle, Mesa, AZ 85208
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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  Ver: 1.22

INTRO

1 – 4  SLOWLY FOLD ARMS & EXTEND ; X-CR REC SD ; X-RONDE (M CL);
1 - 2  Wait 2 meas [beats on 1, -3; 1, -3; ] - Both w/r ft free - M fcg wall (COH) - hnds low - as the
music starts cross arms at chest level ; then sweep the arms out ;
3  {Cross-check recover side} XRIF of L [otsd ptr R sd] shaping twd ptr, rec L, sd R cross arms;
4  1 - 3  {Cross Ronde} Sweep arms out as XLIF of R [otsd ptr L sd] shaping twd ptr, Ronde RCW, cl R
(1 - ) to fc ptr & LOD (XLIF of R [otsd ptr L sd] shaping twd ptr, Ronde R CCW, -);

A SEQ

1 - 4  CHECK-BK REC SCP ; WEAVE w/(LADY’S INSD UNDERARM) to SKTRS ; ; FWD 3 ;
1  {Check back recover SCP} Ck bk L, rec fwd R, sd & fwd L SCP DLC (Ck fwd R twd RLOD &
ptr [well down] as plc R hnd on M’s chest, rec bk L strt RF trn, sd & fwd R SCP);
2-3 123 456  {Weave with Lady’s Sync. Underarm} Thru R, fwd L trng LF, sd & bk R CBJO; XLIB raise ld
(123 45&6) hnds lead W’s turn, bk R trng LF, sd & fwd L blend to Sktrs DLW (Thru L, fwd & sd R trng LF,
sd & fwd L; [Sync. Underarm] XRIF, fwd L trng /fwd R Spiral LF, sd & fwd L);
4  {Forward 3} [same footwork - in Skaters] Fwd R, L, R twd DLW;

5 - 8  FWD CHASSE R ; X-CR REC SD ; LADY SYNC PICKUP LOCK ; OPN TELE ;
5  12&3  {Fwd & Chassé Right} Fwd L, sd R/cl L, sd R twd DLW;
6  {Cross Check, rec, sd} XLIF of R, rec R, sd & fwd L fcg nearly DLC;
7  123  {Lady's Sync Pickup Lock} Fwd R, fwd L, XRIB (Fwd R, fwd L, trng LF/stp sd R, XLIF);
(12&3)  {back to normal footwork}
8  {Open Tele} Fwd L, fwd & sd R trng LF, sd & fwd L DLW (Bk R, heel trn chg L, sd & fwd R);

9 - 12  RUNNING OPN NATRL ; BK RIPPLE CHASSE ; SYNC PVT & TWST ; ;
9  12&3  {Running Open Natural} Thru R, fwd & sd L/bk R, bk L CBJO (Fwd L, fwd R, fwd L/R);
10  45&6  {Back Ripple Chassé} Bk R trng LF, sd & fwd L [w/R sway]/cl R, sd & fwd L [remove sway]
SCP DLW (Fwd L, sd & fwd R [w/L sway]/cl L, sd & fwd R [remove sway]);
11  12&3  {Syncopated Natural Pivot} Thru R, sd & bk L pivoting RF/fwd R pivoting RF, bk L (Thru L,
fwd R pivoting RF/bk L pivoting RF, cl R);
12 &456  {Twist Turn} XRIB/and twist RF [heel of L & toe of R] end w/gwt on R CP wall, - - (Fwd L otsd
ptr/fwd R trng RF, fwd L cont RF trn to CP fgr COH, tch R to L);

13 - 16  ROLLING SWAY TO HIGH LINE ; ; CNTRA CK REC SCP ; THRU CHASSE SCP ;
13-14  {Rolling Sway to High Line} With a CW roll of the upper bodies change sway & look to RLOD
then cont. as slowly roll upper bodies twd LOD -, -; -; -; -; -; both look twd LOD as in a High Line,
retain sway as lwr to prepare the Contra Ck;
15  123  {Contra Check, rec, SCP} L fwd & across R, rec R, sd & fwd L SCP (Press R bk briefly chg
head to L, rec L, sd & fwd R);
16  45&6  {SCP Chasse} Thru R, sd & fwd L/cl R, fwd L (Thru L, sd & fwd R/cl, fwd R);

17 - 18  WEAVE 5 w/CHECK & SWITCH ; ;
17-18  {Weave 5 w/Check & Switch} Thru R, fwd L trng LF, sd & bk R; XLIB, bk R in CP checking
motion, rec L w/RF trn to CP DLW (Thru L, fwd & sd R trng LF, sd & fwd L, XRIF, fwd L trng
LF to CP checking, rec R w/RF trn);
1 - 4  NATRL OVR-SPIN ; : QK 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] XLIF as raise ld hnds to lead W’s LF trn, rel ld hnd hld to end in Sktrs Pos, shaping twd ptr (Fwd R, swivel LF on R [Curl], as “lay bk” against M’s 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 twd 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/rise lead W’s RF trn, 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/rise, sd & fwd L SCP (Bk R, sd & bk L w/rise, sd & fwd R);
11 12&3 [Thru to Chassé] Thru R, sd & fwd L/cl R, fwd L (Thru L, sd & fwd R/cl L, fwd R);
12 12&3 [Syncopated Natural Pivot] Thru R, sd & bk L pivoting RF/fwd R pivoting RF, bk L trng RF (Thru L, 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 & fwd R twd LOD chg shape to R as xfr wgt over R ft start RF body roll, swvl RF as stp L [sml stp] rise & chg sway to L trng bdy LF, slp R bk to CP fcg DLC (Lunge sd & bk L xfr wgt over L ft body roll, cl L to R as rise, slp L fwd 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 (123) Skaters LOD [both w/L ft free] (Fwd R, cl L spinning RF, sd & fwd 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 & fwd 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 & fwd R blend to L-Sktrs;
20 [Progressive Hover to Skaters] Fwd L leading W to pass in front, fwd & sd R w/rise, fwd L - end in Skaters DLC (Fwd L twd DLW in front of ptr, fwd & sd R w/slt rise, sd & fwd 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);
(12&3)
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 TRNJ 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 L 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/ris, 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, - - - );