

YOU ARE THE SUNSHINE OF MY LIFE

Doug and Cheryel Byrd

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RELEASED: September 30, 2011
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MUSIC: "You Are the Sunshine of My Life," Stevie Wonder, mp3 "The Definitive Collection," Track #8; Motown Records; download available at www.amazon.com. Also available in CD format.
FOOTWORK: Opposite except where indicated Time: 3:04 @ 94% of original speed Difficulty: Above Avg
RHYTHM: Rumba RAL Phase IV + 1 [Stop & Go Hockey Stick] + 3 [Sunburst, Rotary Lariat 7, Shadow New Yorker]
SEQUENCE: INTRO - A - B - A - B - A - ENDING

MEAS:

INTRODUCTION

1-4 TANDEM WALL WAIT;; SUNBURST;;

- 1-2 CI TANDEM POS FCG WALL ft tog trl ft free heads dwn and arms low in front of W w/M's arms on top of W's w/ M's hnds holding W's forearms just above the wrist Wait ;;
---- 3 Lift W's arms straight up as you raise heads, - , cont raising arms up, - ;
---- 4 Take arms outward and dwn, - , cont to lower arms dwn at W's sds, - ;

5-8 PEEK-A-BOO TO FACE;; ROTARY LARIAT 7* TO BFLY;;

- 5-6 Sd R, rec L, cl R, - ; sd L, rec R, cl L to OP FCG WALL, - ; (W sd L looking ovr R shldr, rec R, cl L, - ; sd R looking ovr L shldr, rec L trng ¼ LF, fwd R trng ¼ LF, - ;)
7 Undr jnd trl hnds trn RF R, trn RF L, trn RF R, - (W circ M CCW w/jnd trl hnds fwd L, fwd R, fwd L, -) ;
QQQQ 8 Trn RF L, trn RF R, trn RF L, trn RF R to BFLY WALL (W cont to circ M fwd R, fwd L, fwd R, fwd L ending fcg M) ;
*[NOTE: May be thought of as **W REVERSE LARIAT 7 w/M SPOT SPIN 7**]

PART A

1-4 TRAVELING DOOR; SIDE WALK; SHOULDER TO SHOULDER; FAN;

- 1-2 Rk sd L, rec R, XLif (W XRif), - ; sd R, cl L, sd R ;
3-4 Rk fwd L (W bk R) to BFLY SCAR, rec R to fc, sd L, - ; bk R, rec L, sd R to FAN POS, - (W Fwd L, trng LF stp sd and bk R making ¼ LF trn, bk L leaving R xtndd fwd w/no wgt, -) ;

5-8 STOP & GO HOCKEY STICK;; ALEMANA TO BFLY;;

- 5-6 Ck fwd L, rec R raising L arm to ld W to a LF undrm trn, cl L to R, - ; ck fwd R w/L sd stretch shaping to ptr placing R hnd on W's L shldr blade to ck her mvt, rec L raising L arm to ld W to a RF undrm trn, cl R, - (W cl R, fwd L, fwd R trng ½ LF undr jnd hnds to end at M's R sd, - ; ck bk L [M catches W w/R hnd on W's L shldr blade at end of stp to ck her mvt], rec R, fwd L trng ½ RF undr jnd hnds to end fcg M in FAN POS, -) ;
7-8 Fwd L, rec R, cl L ldg W to trn RF, - ; bk R, rec L, sd R to BFLY WALL, - (W cl R, fwd L, fwd R comm RF swvl to fc ptr, - ; cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, sd L, -) ;

9-12 HALF BASIC; UNDERARM TURN TO TAMARA; WHEEL 3; UNWIND TO HND SHK;

- 9-10 Fwd L, rec R, sd L ldg W to turn RF, - ; bk R, rec L, sd R to TAMARA POS, - (W trn RF undr jnd ld hnds) ;
11-12 Looking at ptr begin RF trn fwd L, cl R, fwd L, - ; fwd R raising L arm to ld W to a LF undrm trn, cl L, releasing hnds fwd R ending in R-R HND SHK WALL, - ; (W begin RF trn fwd R, cl L, fwd R, - ; cont RF trn and comm LF undrm trn undr jnd ld hnds L, R, L, - ;)

13-16 FLIRT;; SWEETHEART; SPOT & FACE TO BFLY;

- 13-14 Fwd L, rec R, sd L to VARS, - (W bk R, rec L, fwd R and trn LF to VARS, -) ; rk bk R, rec L, sd R to L VARS, - (W rk bk L, rec R, sd L, -) ;
15-16 Fwd L twd wall w/slight LF trn keeping L hnd arnd W's waist xtnd R arm out to sd twd DRW, rec R taking R hnd to W's waist, sd L crossing to the other sd of W, - (W bk R twd COH w/L sd ld xtndg arms out to sd L arm twd DLC & R arm twd DRW, rec L, small sd R crossing to the other sd of M, -) ; XRif and comm ½ LF trn, rec L comp trn to fc ptr, sd R to BFLY WALL, - (W XLif and trn ¼ RF, rec R cont ¼ RF trn to fc ptr, sd L, -) ;

PART B

1-4 OPEN BREAK; AIDA; SWITCH ROCK; ROLL W ACROSS;

- 1-2 Rk apt L strongly maintaining ld hnd hold and xtndg trl hnd up w/palm out, rec R lowering trl hnds to BFLY WALL, sd L, - ; thru R trng RF, sd L cont RF trn, bk R to a "V" BK-BK POS, - (W thru L trng LF, sd R cont LF trn, bk L, -) ;
3-4 Trng LF to fc ptr sd L ckg bringing jnd hnds ovr and thru, rec R, sd L, - (W trng RF to fc ptr sd R ckg bringing jnd hds thru, rec L, sd R, -) ; bk R trn ¼ RF ldg W twd COH, rec fwd L trn ¼ RF to comp trn, sd R to BFLY COH, - (W fwd L trn ¼ RF outsd M on his R sd, fwd R trn ¼ RF to comp trn, sd L, -) ;

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PART B (cont)

5-8 HAND TO HAND; UNDERARM TURN; REVERSE UNDERARM TURN; WHIP;

- 5-6 Swvlg sharply $\frac{1}{4}$ on R stp bk L to OP RLOD, rec R trng $\frac{1}{4}$ to fc ptr, sd L, - (W swvlg sharply $\frac{1}{4}$ on L stp bk R to OP RLOD, rec L trng $\frac{1}{4}$ to fc ptr, sd R, -); raising jnd ld hnds trn body slightly RF and XRib, rec L squaring body to fc ptr, sd R, - (W XLif undr jnd ld hnds comm $\frac{1}{2}$ RF trn, rec R comp RF trn to fc ptr, sd L, -);
- 7-8 XLif, rec R, sd L, - (W XRif undr jnd ld hnds comm $\frac{1}{2}$ LF trn, rec L and comp LF trn to fc ptr, sd R, -); bk R comm $\frac{1}{4}$ LF trn, rec fwd L trng $\frac{1}{4}$ to comp trn, sd R to BFLY WALL, - (W fwd L outsd M on M's L sd, fwd R comm $\frac{1}{2}$ LF trn, sd L, -);

9-12 BREAK BACK TO OPEN; PROGRESSIVE WALKS 3 TO FACE; CUCARACHA 2X TO HNDSHK;;

- 9-10 Swvlg sharply on R stp bk L to OP LOD, rec R staying in OP LOD, fwd L, - (W swvlg sharply on L stp bk R to OP LOD, rec L staying in OP LOD, fwd R, -); fwd R, fwd L, fwd R trng to FCG WALL, - ;
- 11-12 Bk L, rec R, cl L, - ; bk R, rec L, cl R to HNDSHK, - ;

13-16 SHADOW NEW YORKER 2X;; REVERSE UNDERARM TURN; SPOT TURN TO BFLY;

- 13-14 Trn $\frac{1}{4}$ RF (W LF) and stp thru w/ld foot extend L arms to the side M's arm behind the W's bck, rec R (W rec L), trn to fc ptr and stp sd L, - ; trn $\frac{1}{4}$ LF (W RF) and stp thru w/trl foot extend L arms to the side W's arm behind the M's bck, rec L (W rec R), trn to fc ptr and stp sd R to BFLY WALL, - ;
- 15-16 XLif, rec R, sd L, - (W XRif undr jnd trl hnds comm $\frac{1}{2}$ LF trn, rec L and comp LF trn to fc ptr, sd R, -); XRif (W XLif) and comm $\frac{1}{2}$ LF trn (W RF trn), rec L cont trn to fc ptr, sd R to BFLY WALL, - ;

PART A

1-4 TRAVELING DOOR; SIDE WALK; SHOULDER TO SHOULDER; FAN;

5-8 STOP & GO HOCKEY STICK;; ALEMANA TO BFLY;;

9-12 HALF BASIC; UNDERARM TURN TO TAMARA; WHEEL 3; UNWIND TO HNDSHK;

13-16 FLIRT;; SWEETHEART; SPOT & FACE TO BFLY;

PART B

1-4 OPEN BREAK; AIDA; SWITCH ROCK; ROLL W ACROSS;

5-8 HAND TO HAND; UNDERARM TURN; REVERSE UNDERARM TURN; WHIP;

9-12 BREAK BACK TO OPEN; PROGRESSIVE WALKS 3 TO FACE; CUCARACHA 2X TO HNDSHK;;

13-16 SHADOW NEW YORKER 2X;; REVERSE UNDERARM TURN; SPOT TURN TO BFLY;

PART A

1-4 TRAVELING DOOR; SIDE WALK; SHOULDER TO SHOULDER; FAN;

5-8 STOP & GO HOCKEY STICK;; ALEMANA TO BFLY;;

9-12 HALF BASIC; UNDERARM TURN TO TAMARA; WHEEL 3; UNWIND TO HNDSHK;

13-16 FLIRT;; SWEETHEART; SPOT & FACE TO BFLY;

ENDING

1-4 TRAVELING DOOR; SIDE WALK; SHOULDER TO SHOULDER; UNDERARM TURN TO CUDDLE POS;

- 1-3 Repeat meas 1-3 Part A
- 4 Raising jnd ld hnds trn body slightly RF and XRib, rec L squaring body to fc ptr, sd R rel ld hnds to CUDDLE POS, - (W XLif undr jnd ld hnds comm $\frac{1}{2}$ RF trn, rec R comp RF trn to fc ptr, sd L, -);

5-6 SLOW ROCK SIDE RECOVER; DIP BACK TWIST W/LEG CRAWL;

- SS 5 Rk sd L, - , rec R, - ;
- S-- 6 Stp bk L taking full wgt w/knee relaxed or slightly bent and R leg remaining xtnded and straight, - , trn upper body LF w/o wgt chg, - (W lifts L leg up M's outer thigh w/L toe ptd dwn) ;

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HD Cues

SEQ: INTRO – A – B – A – B – A – ENDING

INTRO: TANDEM WALL TR FT FREE ALL 4 ARMS IFO W WT;; SUNBURST;;
PEEK-A-BOO TO FC;; ROTARY LRT 7 BFLY;;

PART A: TRAV DR; SD WLK; SHLDR-SHLDR; FAN;
STOP & GO HKY STK;; ALEMANA BFLY;;
HALF BAS; UNDRM TRN TO TAMARA; WHEEL 3; UNWIND HNDSHK;
FLIRT;; SWHRT; SPT & FC;

PART B: OP BRK; AIDA; SWCH RK; ROLL W ACRS;
HND-HND; UNDRM TRN; REV UNDRM TRN; WHP;
BRK BK OP; PROG WLK 3 FC; CUCA 2X HNDSHK;;
SHDW NY 2X;; REV UNDRM TRN; SPT TRN BFLY;

PART A: TRAV DR; SD WLK; SHLDR-SHLDR; FAN;
STOP & GO HKY STK;; ALEMANA BFLY;;
HALF BAS; UNDRM TRN TO TAMARA; WHEEL 3; UNWIND HNDSHK;
FLIRT;; SWHRT; SPT & FC;

PART B: OP BRK; AIDA; SWCH RK; ROLL W ACRS;
HND-HND; UNDRM TRN; REV UNDRM TRN; WHP;
BRK BK OP; PROG WLK 3 FC; CUCA 2X HNDSHK;;
SHDW NY 2X;; REV UNDRM TRN; SPT TRN BFLY;

PART A: TRAV DR; SD WLK; SHLDR-SHLDR; FAN;
STOP & GO HKY STK;; ALEMANA BFLY;;
HALF BAS; UNDRM TRN TO TAMARA; WHEEL 3; UNWIND HNDSHK;
FLIRT;; SWHRT; SPT & FC BFLY;

ENDING: TRAV DR; SD WLK; SHLDR-SHLDR; UNDRM TRN TO CUDDLE POS;
SLO RK SD REC; DIP TWST W/LEG CRAWL;