YOU ARE THE SUNSHINE OF MY LIFE
Doug and Cheryel Byrd

RELEASED: September 30, 2011
CHOREO: Doug & Cheryel Byrd 1443 Britt Lauren Way, Soddy Daisy, TN 37379 (423) 842-7626 dbyrdhouse@hotmail.com
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 Average
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 Cl 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, - ; cl 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 ¾ LF, fwd R trng ¾ 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, - ) ;
QQQ 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 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 ¾ LF trn, bk L leaving R xtnded fwd w/no wgt, - ) ;
5-8 STOP & GO HOCKEY STICK:; ALEMANA TO BFLY:;
  5-6 Ck fwd L, rec R raising L arm to Id 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 Id 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 trnRF, - ; 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 Id hnds fwd L, cont RF trn fwd R, sd L, - ) ;
9-12 HALF BASIC; UNDERARM TURN TO TAMARA; WHEEL 3; UNWIND TO HNDSHK:;
  9-10 Fwd L, rec R, Ld sd Lg 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, cl L, - ; fwd R raising L arm to Id W to a LF undrm trn, cl L, releasing hnds fwd R ending in R-R HNDSHK WALL, - ; (W begin RF trn fwd R, cl L, fwd R, - ; cont RF trn and comm LF undrm trn undr jnd Id hnds R, L, R, - ) ;
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 twwd wall w//slight LF trn keeping L hnd arnd W’s waist xtndd R arm out to sd tww DRW, rec R taking R hnd to W’s waist, sd L crossing to the other sd of W, - (W bk R twwd COH w/L sd Id xtndng arms out to sd L arm tww DLC & R arm tww 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 Id hnd hold and xtndng 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 tww COH, rec fwd L trn ¼ RF to comp trn, sd R to BFLY COH, - (W fwd L trn ¼ RF outs M on his R sd, fwd R trn ¼ RF to comp trn, sd L, - ) ;

Released September 30, 2011
YOU ARE THE SUNSHINE OF MY LIFE
Doug and Cheryel Byrd

PART B (cont)

5-8 HAND TO HAND; UNDERARM TURN; REVERSE UNDERARM TURN; WHIP;
5-6 Swvlg sharply ¾ on R stp bk L to OP RLOD, rec R trng ¾ to fc ptr, sd L, - (W swvlg sharply ¾ on L stp bk R to OP RLOD, rec L trng ¾ 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 ½ 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 ½ LF trn, rec L and comp LF trn to fc ptr, sd R, - ) ; bk R comm ½ LF trn, rec fwd L trng ¾ to comp trn, sd R to BFLY WALL, - (W fwd L outsd M on M’s L sd, fwd R comm ½ 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 ¼ RF (W LF) and stp thru w/id 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 ¼ 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 ½ LF trn, rec L and comp LF trn to fc ptr, sd R, - ) ; XRif (W XLif) and comm ½ 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 ½ 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);
YOU ARE THE SUNSHINE OF MY LIFE
Doug and Cheryel Byrd

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;