

LE VRAI SOLEIL

Music: Frederic Francois
www.amazon.de/ 4 Cd Originaux
Cd 1 Track #9 Time 3:05 Slow Down w/ -7%
Available from choreographer

Rhythm: Rumba **Phase:** V+1 (Turkish Towel)

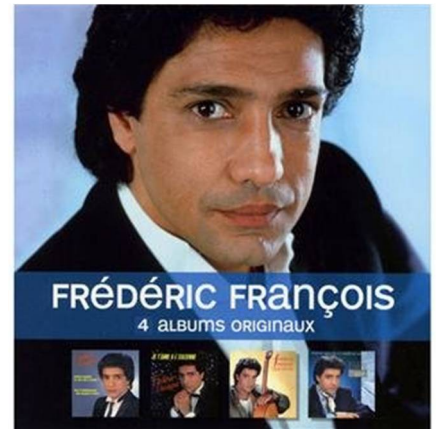
Footwork: Opposite except where (Noted)

Release Date: April 15

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Sequence: **INTRO ABC A(9-18) BC END**



INTRO

01-05 BFLY WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; NEW YORKER ; THRU VINE 4 ; NEW YORKER ;
{Wait} BFLY WALL Id ft free wt 2 meas ; ; {New Yorker} XLif (W XRif) to LOP, rec R to fc ptr, sd L, -; {Thru Vine 4} [QQQQ] XRif (W XLif), sd L, XRib (XLib), sd L ; {New Yorker} XRif (W XLif) to OP, rec L to fc ptr, sd R, -;

PART A

01-04 BASIC ; ; FENCE LINE ; AIDA ;
{Basic} Fwd L, rec R, sd L, -; Bk R, rec L, sd R, -; {Fence Line} XLif (W XRif) w/ bent knee, rec R, sd L, -; {Aida} Thru R, sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD, -;

05-08 SWITCH CROSS ; CRAB WALK ENDING; REVERSE UNDERARM TURN ; SPOT TURN ;
{Switch Cross} Sd & bk L trng LF to fc ptr, rec R, XLif (W XRif), -; {Crab Walk Ending} Sd R, XLif (W XRif), sd R, -; {Reverse Underarm Turn} Raisg jnd Id hnds XLif, rec R, sd L (W XRif undr jnd Id hnds trng LF ½. rec L contg LF trn to fc ptr, sd R) to BFLY WALL, -; {Spot Turn} Relg hnds XRif (W XLif) trng LF, rec L compg full trn, sd R to BFLY WALL, -;

09-12 HAND to HAND TWICE & r-hndshk ; ; FLIRT to VARS ; ;
{Hand to Hand x 2} XLib (W XRib) trng to OP LOD, rec R to fc, sd L to BFLY, -; XRib (W XLib) trng to LOP RLOD, rec L to fc, sd R to r-hndshk WALL, -; {Flirt to VARS} Fwd L, rec R, sd L (W bk R, rec L, fwd R swvl 1/2 LF) to VARS WALL, -; Bk R, rec L, sd R (W bk L, rec R, sd L slidg if of M) to L-VARS WALL, -;

13-16 SWEETHEART TWICE ; ; SWEETHEART/W SWIVEL to FACE INTO a FAN ; ;
{Sweetheart x 2} Chk Fwd L w/ LF bdy trn & look at ptr xtndg both arms to sd, rec R, sd L (W Bk R w/ LF bdy trn & look at ptr xtndg both arms to sd, rec L, sd R), -; Chk Fwd R w/ RF bdy trn & look at ptr xtndg both arms to sd, rec L, sd R (W Bk L w/ RF bdy trn & look at ptr xtndg both arms to sd, rec R, sd L), -; {Sweetheart /W Swivel to Fc Into a FAN } Chk Fwd L w/ LF bdy trn & look at ptr xtndg both arms to sd, rec R, cl L (W bk R w/ LF bdy trn & look at ptr xtndg both arms to sd, rec L, fwd R trng ¾ RF to fcg LOD), -; Bk R, rec L, sd R (W Fwd L, fwd R trng ½ LF to Fan pos, bk L), -;

17-18 HOCKEY STICK & r-hndshk ; ;
{Hockey Stick} Fwd L, rec R, cl L (W cl R, fwd L, fwd R), -; Sm bk R, rec L, long fwd R (W fwd L, fwd R trng sharply 5/8 LF undr jnd lead hnds, bk L) to LOP-FCG DRW, -;

PART B

01-06 BASIC 1/2 TO TURKISH TOWEL ; ; ONE BREAK ; W OUT to WALL ; HALF MOON ; ;
{Basic ½ to a Turkish Towel} r-hndshk Fwd L, rec R, sd L (W bk R, rec L, sd & fwd R), -; Bk R, rec L, sd R to VARS M in front W to her right sd (W XLif trn RF under R hnds, fwd R cont trn, fwd L arnd M join L hnds), -; {One Break} Ck bk L, rec R, sd L to W left sd (W ck fwd R, rec L, sd R), -; {W Out to WALL} Ck Bk R, rec L, sd R (W fwd L, fwd R trng ½ LF, sd L) to r-hndshk WALL, -; {Half Moon} Swvl on R cross L thru to RLOD (W cross R thru), rec R to fc, sd L, -; Bk R leading W across body, rec L trng LF to fc COH, sd R (W fwd R comm LF trn, fwd L cont LF trn to fc ptr, sd R) to r-hndshk COH, -;

07-12 TRADE PLACES TWICE ; ; TRADE PLACES/W SPIRAL ; W OUT to WALL ; SHOULDER to SHOULDER TWICE ; ;

{Trade Places x 2} With r-hnds jnd rk apt L, rec R trng $\frac{1}{4}$ RF to fc LOD beh W then rel jnd R hnds, cont to trn RF to fc ptr & WALL stepping sd & bk L twd COH (*W rk apt R, rec L trng $\frac{1}{4}$ LF to fc LOD front of M then rel jnd R hnds, cont LF trn to fc ptr & COH stepping sd & bk R twd WALL*) joining I-hnds, -; With I-hnds jnd rk apt R, rec L trng $\frac{1}{4}$ LF to fc LOD beh W then rel jnd L-hnds, cont to trn LF to fc ptr & COH stepping sd & bk R twd WALL (*W rk apt L, rec R trng $\frac{1}{4}$ RF to fc LOD in front of M then rel jnd I-hnds, cont RF trn to fc ptr & COH stepping sd & bk L twd COH*), -; **{Trade Places/W Spiral}** With r-hnds jnd Rk apt L, rec R comm to pass R shldrs while trng $\frac{1}{4}$ RF and keeping R hnds jnd, cont to trn RF but slightly less than in meas 7stepping sd L twd COH (*W rk apt R, rec L, fwd R fwd WALL spiralling $\frac{7}{8}$ LF undr jnd r-hnds to end almost fcg WALL*), -; **{W Out to Fc}** Trng bdy RF to fc WALL stp fwd twd WALL R,L,R (*W fwd WALL L, fwd R trng $\frac{1}{2}$ LF to fc COH, sd & bk L*) to BFLY WALL, -; **{Shoulder to Shoulder x 2}** Fwd L to SCAR, rec R to fc, sd L, -; Fwd R to BJO, rec L to fc, sd R, -;

PART C

01-04 BASIC 1/2 to FULL NATURAL TOP ; ; ; ;

{Basic $\frac{1}{2}$ to Full Natural Top} Fwd L, rec R to CP, sd L trng RF (*W bk R, rec L to CP, fwd R btw M's ft*) to CP RLOD, -; Cont RF trn XRib, compg $\frac{3}{4}$ RF trn sd L, XRib (*W sd L cont trn RF, XRif, sd L*) to CP WALL, -; Cont RF trn sd L, cont RF trn XRib, sd L (*W XRif cont RF trn, sd L cont RF trn, XRif*) to CP COH, -; Cont RF trn XRib, cont RF trn sd L, cl R (*W cont RF trn sd L, cont RF trn XRif, cl L*), -;

05-08 CUDDLE TWICE ; ; CUDDLE/W SPIRAL & SEND HER to FAN ; ;

{Cuddle x 2} Sd & slightly fwd L shape twd ptr, rec R, cl L (*W trn RF $\frac{1}{2}$ bk R, trn LF $\frac{1}{2}$ rec L, sd R*) to fc ptr, -; Sd & slight fwd R shape twd ptr, rec L, cl R (*W trn LF $\frac{1}{2}$ bk L, trn RF $\frac{1}{2}$ rec R, sd L*) to fc ptr, -; **{Cuddle/W Spiral & Send her to Fan}** Sd & slightly fwd L shape twd ptr, rec R, cl L (*W trn RF $\frac{1}{2}$ bk R, trn LF $\frac{1}{2}$ rec L, sd R spiral LF*), -; XRif, cl L, sd R (*W Fwd L, fwd R w/ $\frac{1}{2}$ trng LF fc RLOD, bk L*) to Fan Pos M fcg WALL/W fcg RLOD, -;

09-12 ALEMANA INTO a LARIAT 3/M TURN to FC ; ; ; SIDE WALK 3 ;

{Alemana Into a Lariat 3/M Turn to Fc} Fwd L, rec R, cl L (*W cl R, fwd L, fwd R trng RF to fc ptr*), -; Bk R, rec L, sd R (*W fwd XLif turn RF, fwd R cont turn, sd L to bjo M*), -; Rk bk L, rec R, sd L trng $\frac{1}{2}$ LF on last stp to fc W and COH (*W circ CW arnd M passing R shldrs stepping fwd R,L, w/ jnd ld hnds passing ovr M's hd to fc LOD then swvl $\frac{1}{4}$ RF on R to fc ptr*) to BFLY COH, -; **{Side Walk 3}** Sd R, cl L, sd R, -;

13-14 CROSS BODY/W SPIRAL ; ;

{Cross Body/W Spiral } Fwd L, rec R, sd & bk L trng $\frac{1}{4}$ LF (*W bk R, rec L, fwd R spiraling $\frac{7}{8}$ LF under joined ld hands*) to "L" CP M fcg RLOD W fcg WALL, -; Bk R contg LF trn, rec L comp LF trn to CP WALL, sd R (*W comm trng LF fwd L, fwd & sd R cont trng LF to fc ptr, sd L*) to BFLY WALL, -;

ENDING

01 LEFT LUNGE & EXTEND ;

{Left Lunge & Hold} Lunge sd L with knee bend look RLOD, xtndg both arms to sd, -;