Ocean Sunrise

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CD: West Of Sunset --- Frank Chacksfield also Itunes or Amazon download -- Ocean Sunrise
Footwork: Opposite unless noted   RELEASED 3-14-2008
Rhythm/Level: Waltz   Phase III + 1 (Diamond Turns)   SPEED slowed 5 %
Dance Note: Waltz rhythm of INTRO is less pronounced. Dancers count 1,2,3; 1,2,3; when executing Sway Apart - Sway Together. This will help execute the 2 Solo Turns on time (the low musical note).

Sequence: INTRO - A - A - B - Bri - A - B – Int - A(13) - ENDING

INTRO
{OP FCG} WAIT 2 MEAS ;; SWAY APART ; SWAY TOG ; 2 SOLO TRNS ;; HVR ; THRU SD CLS ; {BFLY WALL}
1-8   OP FCG WALL wait 2 meas;; [SWAY APART] Stp bk & sd L shifting body twds L ft stretch body raise R arm up to shldr height,-,
Pt R toe twds ptr & hold ; [SWAY TOG] Lower R arm & slowly move R ft twds Ptr ,-, tch L blending to bfly wall ;
[2 SOLO TRNS] Trn LF away from ptr fwd L , cont trn sd R , cls L to fc RLOD; Bk R comm LF trn sd R , cls L to CP WALL ;
[HVR] Fwd L , fwd & sd R rising on ball of ft , rec L to SCP ; [THRU SD CLS] XRIF , sd L , cls R to BFLY WALL ;

PART A
{BFLY WALL} WALTZ AWAY & TOG ;; ROLL 3 TO FC RLOD ; BKWRD WALTZ ;{LOP RLOD}
1-4   In Bfly trn LF away from ptr fwd L , fwd R , cls L ; Fwd R trn RF twds ptr , sd L , cls R fcg ptr in BFLY;
[ROLL 3] In Bfly trn LF away from ptr fwd L , cont trng LF sd R , bk L fcg RLOD in LOP ; [BKWRD WALTZ] Bk R , bk L , bk R ;
{LOP RLOD} BK DRAW PT SD ; FWD WALTZ ; FWD & FLARE ; THRU SD BEHIND ; WALTZ AWAY ; {OP LOD}
5-9   [BK DRAW PT SD] In LOP fcg RLOD Bk L , bk R drawing R toe bk & sd raising R arm up & to the sd ,-,
[FWD WALTZ] Lower R arm fwd R , fwd L , cls R ; [FWD & FLARE] Fwd L, flare R trng LF twds ptr
to BFLY,-; [THRU SD BEHIND] cont flare XRIF , sd L , XRIB ; In Bfly trn LF away from ptr fwd L , fwd R , cls L ;
{OP LOD} WTZ WRAP ; FWD WTZ ; LADY ROLL ACROSS ; FWD & FLARE ; THRU SD CLS ; 2 LEFT TRNS ;;
10-16   [WTZ WRAP] Fwd R, fwd L , cls R (W fwd L roll LF , cont LF roll R , L , to wrap pos fcg LOD) ;
In wrap pos Fwd L , fwd R , cls L ; [LADY ROLL ACROSS] In wrap pos fwd R , fwd L , cls R (W roll across
LF L, R, L to LOP fc LOD) ; [FWD & FLARE] Fwd L, flare R trng LF twds ptr to fc COH in BFLY,- ;
[THRU SD CLS] cont flare XRIF, sd L , cls R to CP COH; [2 LEFT TRNS] Fwd L trng LF ¼ , cont LF trn sd R , cls L;
Bk R trng LF ¼, cont LF trn sd L , cont LF trn sd R ; **Note: 1ˢᵗ time thru blend to BFLY. 2ⁿᵈ & 3ʳᵈ time end in CP.**

PART B
{CP WALL} WHISK ; THRU CHASSE BJO ; FWD FWD LK FWD ; MANUVR SD CLS ; SPIN TRN ; BOX FIN ;
1-6   [WHISK] Fwd L , fwd & sd R comm rise on ball of ft , XLIB to end in SCP ;
[THRU CHASSE BJO] Thru R , sd L / cls R , sd L fcg DLW in BJO (W XLIB, sd R / cls R , trng LF sd R to BJO) ;
[FWD FWD LK FWD] In BJO fwd R , fwd L / lk RIB , fwd L (W bk L , bk R / lk LIF , bk R) ;
[MANUVR SD CLS] In BJO fwd R trng RF 1/2, sd L, cls R to CP RLOD (W bk L start RF trn, cont RF trn sd R, cls L to fc ptr) ;
[SPIN TRN] Bk L pvt ½ RF, fwd R cont trn , rec sd & bk L to CP LOD ; [BOX FIN] Bk R trng LF 1/8 , sd L, cls R ;
{CP DLC} DIAMOND TRNS ;;;; 2 LEFT TRNS ;; HVR ; MANUVR SD CLS ; IMPETUS ; THRU SD CLS ;
7-16   [DIAMOND TRNS] FCG DLC fwd L blend to BJO trng LF , sd R , bk L in CBMP ; In CBMP trn LF bk R , sd L ,
Fwd R in CBMP ; Fwd L cont LF trn , sd R , bk L in CBMP ; Bk R cont LF trn , sd L, fwd R to end in BJO DLC ;
[2 LEFT TRNS] Repeat action of meas 15 & 16 part A to fc WALL in CP;; [HVR] Repeat action of meas 7 Intro ;
[MANUVR] In SCP fwd R trng RF 1/2, sd L, cls R to CP RLOD (W Fwd L , fwd R, cls L to fc ptr) ; [IMPETUS] In CP comm upper
body RF trn bk L , cls R heel trn cont RF trn , complete trn fwd L in SCP ; [THRU SD CLS] XRIF, sd L , cls R to CP WALL;

BRIDGE
{CP WALL} 2 SOLO TRNS ;; {BFLY WALL}
2   From loose CP WALL repeat action of meas 5 & 6 of Intro to end in BFLY WALL ;;

INTERLUDE
{CP WALL} 2 SOLO TRNS ;; BAL LEFT & RT ;; {BFLY WALL}
4   [2 SOLO TRNS] From loose CP WALL repeat action of meas 5 & 6 of Intro to end in BFLY WALL ;;
[BAL LEFT & RT] In BFLY sd L , XRIB rise on ball of ft , rec L ; sd R , XLIB rise on ball of ft , rec R ;

ENDING (Music slows)
{CP COH} THRU SD CLS TO BJO ; DIA TRNS 3/4 ;;; STP BK RT , SLO CANTER CLS ; 2 LEFT TRNS ;;
1-7+   [THRU SD CLS TO BJO] XRIF, sd L , cls R blending to BJO DRC; [DIA TRNS ¾] Repeat meas 8 thru 10 of Part B
to DLC;;; [STP BK RT] Bk R blending to CP, [SLO CANTER CLS] Sd L , slowly draw R ft twds L cls R ,- ;
Note: Music slows on the 3ʳᵈ meas of "Dia Trns ¾" and returns to normal waltz rhythm on "2 Left Trns".
[2 LEFT TRNS] CP DLC repeat action of meas 15 & 16 part A to end CP WALL ;;
{CP WALL} HVR ; THRU SD CLS ; SD SWAY & HOLD ;; {CP LOOKING RLOD}
8+11+   [HVR] Repeat action of meas 7 of Intro ; [THRU SD CLS] XRIF, sd L , cls R to CP WALL;
[SD SWAY] Slow sd lunge L , shifting body weight twds L ft stretch body looking twd RLOD,-; & hold ,-,-;