

SUNSHINE QUICKSTEP

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Music: Bring Me Sunshine by Willie Nelson
From RCA Gold Standard Record 447-0891 (Time 2:11)
Also available from iTunes Music Downloads

Rhythm/Phase: Quickstep Phase IV + 1 (Tipple Chasse)

Music Speed: Equivalent of 47 RPM

Difficulty Level: Average

Footwork: Opposite throughout directions for M (and for W where noted).

Sequence: Introduction A A B B C Ending

..... INTRODUCTION (4 Measures)

1 - 4 OPN FCNG DLW W/ LEAD FEET FREE WAIT 2 MEAS;; APART POINT;
PKUP & TCH CP LOD;

[1 & 2] In opn fcng pos DLW with lead feet free wait 2 measures;;
SS; [3] Step apart L, -, point R toward partner, -;
SS; [4] Fwd R picking up partner clsd pos LOD, -, tch L to right, -;

..... PART A (16 Measures)

1 - 16 QUARTER TURNS W/ PROGRESSIVE CHASSE;;; FWD LK FWD;
MANUV SD CL; PIVOT 2 CP LOD; VIENNESE TURNS;; STRUT 4 BJO
CHKNG;; FISHTAIL; RUNNING FWD LOCKS;; 1/2 NATURAL TURN;
HEEL PULL;

SS; QQS; [1 - 4] Fwd L, -, fwd R turning rf, -; Sd L turning rf, continue turn cl R, sd & bk L
SQQ; SS; DLC, -; Bk R DLC start lf turn, -, sd L, cl R; Sd & slightly fwd L, -, fwd R to
CBMP DLW, -;
QQS; [5] Fwd L, lock R in back of left, fwd L, -;
SQQ; [6] Commence rf turn fwd R, -, continue turn to fc partner sd L, complete turn cl R;
SS; [7] Bk L pivoting 1/2 rf, -, fwd R CP LOD, -;
SQQ; SQQ; [8 & 9] Fwd L commence lf turn, -, sd R continue turn, XLIF of right; Bk R continue lf
turn, -, sd L continue turn, cl R end CP LOD;
SS; SS; [10 & 11] Fwd L, -, fwd R, -; Fwd L, -, fwd R blnd bjo pos chng fwd movement, -;
QQQQ; [12] XLIB of right but not tightly, as body commences to turn rf take small step sd R
complete 1/4 rf body turn, fwd L with left shoulder lead, XRIB of left but not
tightly;
QQQQ; QQS; [13 & 14] Fwd L, lock R in back of left, fwd L, fwd R; Fwd L, lock R in back of left,
fwd L, -;
SQQ; [15] Commence rf turn fwd R heel to toe, -, sd L across LOD, bk R;
SS; (SQQ;) [16] Bk L start rf turn, -, continue rf turn on left pull right heel toward left and chng
weight to R, -; (W fwd R turning rf, -, sd L, draw R to left;)

..... PART B (16 Measures)

1 - 16 2 FWD 2-STEPS FC WALL;; 2 TRNG 2-STEPS CP LOD;; STEP HOPS
4 TIMES;; WALK & FC; SD DRAW CLOSE; SHAG STEP TWICE;;
2 SD CLOSES; WALK & PKUP; HITCH 6;; STRUT 4;;

QQS; QQS; [1 & 2] Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R turning slightly rf to fc wall, -;
QQS; QQS; [3 & 4] Sd L, cl R commence rf turn, sd & bk L across line of progression complete 1/2
rf turn, -; Sd R, cl L commence rf turn, fwd R continue turn to end clsd pos
LOD, -;
QQQQ; QQQQ; [5 & 6] Fwd L, hop on L, fwd R, hop on R; Fwd L, hop on L, fwd R, hop on R;
SS; [7] Fwd L commence rf turn to fc partner, -, fwd R complete turn to fc partner &
wall, -;
QQS; [8] Sd L, draw R to left, cl R, -;

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QQQQ; QQQQ; [9 & 10] Step in place L, R, L, kick R slightly to side; Step in place R, L, R, kick L slightly to side;
QQQQ; [11] Sd L, cl R, sd L, cl R;
SS; [12] Toward LOD fwd L, -, fwd R picking up W clsd pos LOD, -;
QQS; QQS; [13 & 14] Fwd L, cl R, bk L, -; Bk R, cl L, fwd R, -;
SS; SS; [15 & 16] Fwd L, -, fwd R, -; Fwd L, -, fwd R, -;

..... PART C (16 Measures)

1 - 16 CHARLESTON TWICE;;; WALK & TIPPLE CHASSE;; WALK BK & TIPPLE CHASSE CP LOD;; WALK & CHK BJO; WHALETAIL;; WALK & FC BFLY; TRAVELING DOOR TWICE BLND CP;;;;

SS; SS; [1 - 4] Fwd L, -, point R fwd, -; Bk R, -, point L bk, -;
SS; SS; Fwd L, -, point R fwd, -; Bk R, -, point L bk, -;
SS; QQS; [5 & 6] Fwd L, -, fwd R commence rf turn to fc wall, -; Sd L, cl R, sd L continuing slight rf turn, -;
SS; QQS; [7 & 8] Bk R, -, bk L continue rf turn to fc COH, -; Sd R, cl L, sd R continue rf turn to blnd CP LOD, -;
SS; [9] Fwd L, -, fwd R bjo pos chng forward movement, -;
QQQQ; QQQQ; [10 & 11] XLIB of right but not tightly, as body commences to turn rf take small step sd R complete 1/4 rf body turn, fwd L with left shoulder lead, XRIB of left but not tightly; Sd L commence lf body turn, cl R, XLIB of right commence rf body turn, sd R;
SS; [12] Fwd L commence rf turn to fc partner, -, fwd R complete turn fc partner & wall bfly pos, -;
SS; QQS; [13 - 16] Rk sd L, -, rec sd R, -; XLIF of right, sd R, XLIF of right, -; Rk sd R, -, rec sd L, -; XRIF of left, sd L, XRIF of left begin blnd to clsd pos, -;
SS; QQS;

..... ENDING (3 Measures)

1 - 3 2 TRNG 2-STEPS CP WALL;; STEP APART & POINT;
QQS; QQS; [1 & 2] Same as measures 3 & 4 of Part B except end clsd pos fcng wall;;
SS; [3] Step apart L, -, point R toward partner, -;