

Sunrise

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Music: "Sunrise" **Artist:** Simply Red **CD:** Home **Label:** multiple* **Download:** iTunes **Time:** 03:19
Rhythm: Rumba **Phase:** IV+1 [Cuddle] **Footwork:** for Man, Lady opposite except as (noted) **Speed:** 100%
Sequence: Intro - A - B - C - D - E - Bmod - D - End **Release:** June 28, 2007

INTRO

1-6 **CP WALL Wait;; Cucarachas [4x]:::**

1-6 CP WALL Wait;; Sd L, rec R, cl L, -; Sd R, rec L, cl R, -; Sd L, rec R, cl L, -; Sd R, rec L, cl R, -;

PART A

1-4 **Shoulder-Shoulder [2x] CP WALL;; Basic::**

1-4 Rk fwd L SCAR, rec R, sd L CP, -; Rk fwd R BJO, rec L, sd R CP, -; Fwd L, rec R, sd L, -; Bk R, rec L, sd R, -;

5-8 **Cuddle [2x] to CP WALL;; Shoulder-Shoulder [2x] CP WALL;;**

5 Sd L, rec R, cl L hnds on W's shldr blades, - (W trng 1/2 rf bk R, rec L, trng 1/2 lf fwd R hnds on M's shldr, -) CP;
6 Sd R, rec L, cl R, - (W trng 1/2 lf bk L, rec R, trng 1/2 rf fwd R, -) CP;
7-8 Rk fwd L SCAR, rec R, sd L CP, -; Rk fwd R BJO, rec L, sd R CP, -;

9-12 **Basic;; Latin Whisk to SCP LOD; Walk 2 to BFLY WALL;**

9-10 Fwd L, rec R, sd L, -; Bk R, rec L, sd R, -;
11-12 XLib (W xRib), rec R, sd L, - to SCP LOD; Fwd R, -, fwd L, - to BFLY WALL;

PART B

1-4 **Front Vine 4; Aida w/ arm sweep; Hip Rock to LOP RLOD; Progressive Walk 3;**

1-2 XRif (W xLif), sd L, xRib (W xLib), sd L; Thru R circ jnd trl hnds thru CCW, sd L trn rf (W lf) to bk-bk V pos, bk R, -;
3-4 Rk L rolling L hip sd & bk, rec R w/ R hip roll, rec L to LOP RLOD, -; Fwd R, fwd L, fwd R, -;

5-8 **Vine 3 change sides OP RLOD; Back Recover trn Side Lady Roll to CP WALL; Cucaracha [2x]::**

5-6 Sd L, xRib (W xLib), sd L, - OP RLOD; Bk R, rec L trng lf, sd R, - (W roll lf fwd L, fwd & sd R, sd L, -) CP WALL;
7-8 Sd L, rec R, cl L, -; Sd R, rec L, cl R, -;

9-12 **Basic;; Cuddle [2x] BFLY WALL;;**

9-10 Fwd L, rec R, sd L, -; Bk R, rec L, sd R, -;
11 Sd L, rec R, cl L hnds on W's shldr blades, - (W trng 1/2 rf bk R, rec L, trng 1/2 lf fwd R hnds on M's shldr, -) CP;
12 Sd R, rec L, cl R, - (W trng 1/2 lf bk L, rec R, trng 1/2 rf fwd R, -) BFLY WALL;

PART C

1-4 **Vine 3; Fence Line; Thru Serpiente;;**

1-2 Sd L, xRib (W xLib), sd L, -; X lun thru R, rec L, sd R, -;
3-4 Thru L, sd R, xLib (W xRib), fan R CW (W fan L CCW); XRib (W xLib), sd L, thru R, fan L CW (W fan R CCW);

5-8 **Fence Line [2x];; Spot Turn; New Yorker CP WALL;**

5-6 X lun thru L, rec R, sd L, -; X lun thru R, rec L, sd R, -;
7-8 XLif comm 1/2 rf (W lf) trn, rec R cont trn to fc ptr, sd L, -; Thru R to OP LOD, rec L to fc ptr, sd R to CP WALL, -;

9-12 **Basic;; Latin Whisk to SCP LOD; Walk 2 to BFLY WALL;**

9-10 Fwd L, rec R, sd L, -; Bk R, rec L, sd R, -;
11-12 XLib (W xLib), rec R, sd L to SCP LOD, -; Fwd R, -, fwd L, - to BFLY WALL;

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PART D

1-4 Front Vine 4; Aida w/ arm sweep; Hip Rock to BFLY WALL; Spot Turn BFLY WALL;

- 1-2 XRif (W xLif), sd L, xRib (W xLib), sd L; Thru R circ jnd trl hnds thru CCW, sd L trn rf (W lf) to bk-bk V pos, bk R, -;
 3 Rk L rolling L hip sd & bk, rec R w/ R hip roll, rec L pvtg lf (W rf) to BFLY WALL, -;
 4 XLif comm 1/2 rf trn (W xRif comm 1/2 lf trn), rec R cont trn to fc ptr, sd L, - BFLY WALL;

5-8 Thru Serpiente;; Fence Line to CP WALL; Cucaracha;

- 5-6 Thru L, sd R, xLib (W xRib), fan R CW (W fan L CCW); XRib (W xLib), sd L, thru R, fan L CW (W fan R CCW);
 7-8 X lun thru L, rec R, sd L, - to CP WALL; Sd R, rec L, cl R, -;

PART E

1-4 1/2 Basic; Fan; Hockey Stick to CP DLW;;

- 1-2 Fwd L, rec R, sd L, -; Bk R, rec L, sm sd R, - (W fwd L, trng 14 lf sd & bk R, bk L leaving R extended, -);
 3-4 Fwd L, rec R, cl L, - (W cl R, fwd L, fwd R, -); Bk R, rec L, fwd R, - (W fwd L, fwd R trn 5/8 lf, sd & bk L, -) CP;

5-8 Cross Body [2x];:::

- 5 Fwd L, rec R, sd L trn ft 3/8 & body 1/4 lf to fc DLW, - (W bk R, rec L, fwd R, -);
 6 Bk R cont lf trn, rec L trn to CP COH, sm sd R, - (W fwd L comm lf trn, fwd R trng 5/8 lf to fc WALL, sd & bk L, -);
 7 Fwd L, rec R, sd L trn ft 1/4 & body 1/8 lf to fc DRC, - (W bk R, rec L, fwd R, -);
 8 Bk R cont lf trn, rec L trn to CP WALL, sm sd R, - (W fwd L comm lf trn, fwd R trng 1/2 lf to fc COH, sd & bk L, -);

9-12 Basic;; Latin Whisk SCP LOD; Walk 2 to BFLY WALL;

- 9-10 Fwd L, rec R, sd L, -; Bk R, rec L, sd R, -;
 11-12 XLib (W xRib), rec R, sd L, - to SCP LOD; Fwd R, -, fwd L, - to BFLY WALL;

PART B_{mod}

1-4 Front Vine 4; Aida w/ arm sweep; Hip Rock to LOP RLOD; Progressive Walk 3;

5-8 Vine 3 change sides OP RLOD; Back Recover trn Side Lady Roll to CP WALL; Cucaracha [2x];:

9-12 Basic;; Latin Whisk SCP LOD; Walk 2 to BFLY WALL;

- 1-10 Repeat Part B Meas 1-10;:::;
 11-12 XLib (W xRib), rec R, sd L, - to SCP LOD; Fwd R, -, fwd L, - to BFLY WALL;

PART D

1-4 Front Vine 4; Aida w/ arm sweep; Hip Rock BFLY WALL; Spot Turn BFLY WALL;

5-8 Thru Serpiente;; Fence Line to CP WALL; Cucaracha;

- 1-8 Repeat Part D Meas 1-8;:::;

ENDING

1 Corte & Hold;

- 1 Bk & sd L lower on relaxed supporting leg, -, -, -;

* Many thanks to Bill Bingham for writing this cue sheet, for his valuable guidance as I developed the routine, and for investigating sources for the music. His web search of Amazon, DeepDiscount, TowerRecords, and CDUniverse for the CD revealed several different labels including Universal Records, JVC Victor, V2 Records, and Ministry of Sound/Simply Red. The CD numbers are different, while the same album cover art is used. The version available through iTunes is compatible with the routine (there are multiple mixes of "Sunrise" by Simply Red) and is inexpensive (most of the CDs are imports). If you have questions, please contact Bill Bingham at wbingham.text75@gtalumni.org or phone 805.658.1991.

