

# Sunshine



**Choreo** : Dwain & Judy Sechrist, 2630 S. Honeysuckle Circle, Mesa, AZ 85208  
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**Music** : Premium Standard - "Ballroom Fantasy" CP-5004 Trk#1 (or Contact choreographer)

**Footwork** : Lady opposite (except as noted) **Rhythm** : Waltz **Phase**: 6 (Soft) **Speed**: 29 MPM

**Timing** : Standard (except as noted) 9/2005

**Sequence** : Intro, A, B, B(Mod), A, End Ver: 1.22

## INTRO

### 1 - 4 SLOWLY FOLD ARMS & EXTEND ; ; X-CK REC SD ; X-RONDE (M CL) ;

- 1 - 2 Wait 2 meas [beats on 1,-,3; 1,-,-; ]- Both w/R ft free - M fcg wall (COH) - hnds low - as the music starts cross arms at chest level ; then sweep the arms out ;
- 3 {**Cross-check recover side**} XRIF of L [otstd ptr R sd] shaping twd ptr, rec L, sd R cross arms;
- 4 1 - 3 {**Cross Ronde**} Sweep arms out as XLIF of R [otstd ptr L sd] shaping twd ptr, Ronde R CCW, cl R (1 - -) to fc ptr & LOD (XLIF of R [otstd ptr L sd] shaping twd ptr, Ronde R CCW, -);

## A SEQ

### 1 - 4 CHECK-BK REC SCP ; WEAVE w/(LADY'S INSD UNDERARM) to SKTRS ; ; FWD 3 ;

- 1 {**Check back recover SCP**} Ck bk L, rec fwd R, sd & fwd L SCP DLC (Ck fwd R twd RLOD & ptr [well down] as plc R hnd on M's chest, rec bk L strt RF trn, sd & fwd R SCP);
- 2-3 123 456 {**Weave with Lady's Sync. Underarm**} Thru R, fwd L trng LF, sd & bk R CBJO; XLIB raise ld (123 45&6) hnds lead W's turn, bk R trng LF, sd & fwd L blend to Sktrs DLW (Thru L, fwd & sd R trng LF, sd & fwd L; [Sync. Underarm] XRIF, fwd L trng /fwd R Spiral LF, sd & fwd L);
- 4 {**Forward 3**} [same footwork - in Skaters] Fwd R, L, R twd DLW;

### 5 - 8 FWD CHASSE R ; X-CK REC SD ; LADY SYNC PICKUP LOCK ; OPN TELE ;

- 5 12&3 {**Fwd & Chassé Right**} Fwd L, sd R/cl L, sd R twd DLW;
- 6 {**Cross Check, rec, sd**} XLIF of R, rec R, sd & fwd L fcg nearly DLC;
- 7 123 {**Lady's Sync Pickup Lock**} Fwd R, fwd L, XRIB (Fwd R, fwd L, trng LF/stp sd R, XLIF); (12&3) [back to normal footwork]
- 8 {**Open Tele**} Fwd L, fwd & sd R trng LF, sd & fwd L DLW (Bk R, heel trn chg L, sd & fwd R);

### 9 - 12 RUNNING OPN NATRL ; BK RIPPLE CHASSE ; SYNC PVT & TWST ; ;

- 9 12&3 {**Running Open Natural**} Thru R, fwd & sd L/bk R, bk L CBJO (Fwd L, fwd R, fwd L/R);
- 10 45&6 {**Back Ripple Chassé**} Bk R trng LF, sd & fwd L [w/R sway]/cl R, sd & fwd L [remove sway] SCP DLW (Fwd L, sd & fwd R [w/L sway]/cl L, sd & fwd R [remove sway]);
- 11 12&3 {**Syncopated Natural Pivot**} Thru R, sd & bk L pivoting RF/fwd R pivoting RF, bk L (Thru L, fwd R pivoting RF/bk L pivoting RF, cl R);
- 12 &456 {**Twist Turn**} XRIB/and twist RF [heel of L & toe of R] end w/wgt on R CP wall, -, - (Fwd L otstd ptr/fwd R trng RF, fwd L cont RF trn to CP fcg COH, tch R to L);

### 13 - 16 ROLLING SWAY TO HIGH LINE ; ; CNTRA CK REC SCP ; THRU CHASSE SCP ;

- 13-14 {**Rolling Sway to High Line**} With a CW roll of the upper bodies change sway & look to RLOD then cont. as slowly roll upper bodies twd LOD -, -, -; - both look twd LOD as in a High Line, retain sway as lwr to prepare the Contra Ck;
- 15 123 {**Contra Check, rec, SCP**} L fwd & across R, rec R, sd & fwd L SCP (Press R bk briefly chg head to L, rec L, sd & fwd R);
- 16 45&6 {**SCP Chasse**} Thru R, sd & fwd L/cl R, fwd L (Thru L, sd & fwd R/cl, fwd R);

### 17 - 18 WEAVE 5 w/CHECK & SWITCH ; ;

- 17-18 [**Weave 5 w/Check & Switch**] Thru R, fwd L trng LF, sd & bk R; XLIB, bk R in CP checking motion, rec L w/RF trn to CP DLW (Thru L, fwd & sd R trng LF, sd & fwd L, XRIF, fwd L trng LF to CP checking, rec R w/RF trn);

**B SEQ****1 - 4 NATRL OVR-SPIN ; ; OK LOCK - SIDE/LOCK ; DOUBLE REVERSE ;**

- 1 - 2 {Natural Over-Spin} [Natural Turn] Fwd R, fwd & sd L, cl R (Bk L, sd & fwd R, cl L); [Spin Turn] Bk L pvt RF, fwd R pvt RF, bk L fcg DRW (Fwd R pvt RF, bk L pvt RF, fwd R);
- 3 1&23& {Quick Lock - Side/Lock} Bk R/XLIF, bk R trng LF, sd L with rise/XRIB (Fwd L/XRIB, fwd L trng LF, sd R with rise/XLIF);
- 4 45&6 {Double Reverse Spin} Fwd L, fwd & sd R trng LF, cont. LF trn on R to fc DLW in SCAR (Bk R, heel trn cl L/sd & fwd R trng LF, XLIF);

**5 - 8 DRAG HESIT (BJO) ; CURL TO SKTRS (w/LAYBACK) ; THRU SWVL TO SLO HINGE ; ;**

- 5 12- {Drag Hesitation} Fwd L start trng LF, sd R cont trn, draw L twd R cont trn to BJO fcg DRC (Bk R, sd L, draw R twd L);
- 6 4-- {Curl to Skaters} XLIB as raise ld hnds to lead W's LF trn, rel ld hnd hld to end in Sktrs Pos, shaping twd ptr (Fwd R, swivel LF on R [Curl], as "lay bk" against M's R arm);
- 7-8 12- {Thru Swivel to Hinge Line} Thru R twd RLOD, sd L [small step] as W swivels LF to loose CP, -; slowly lwr into L leg shaping twd ptr ending in Hinge Line (Thru L twd RLOD, swivel LF fcg DLW, -; slowly lwr into L leg ending in Hinge Line);

**9 - 12 LADY SYNC OTSD TRN (SCAR) ; X-HVR SCP ; THRU CHASSE ; SYNC PVT ;**

- 9 123 {Lady's Sync. Outside Turn to SCAR} Bk R lead W fwd as raise ld hnds, bk L w/rise lead W's (12&3) RF turn, sd & fwd R SCAR (Fwd R, fwd & sd L trng RF/sd & fwd R, sd & bk L);
- 10 {Cross Hover to SCP} Fwd L, fwd & sd R w/rise, sd & fwd L SCP (Bk R, sd & bk L w/rise, sd & fwd R);
- 11 12&3 {Thru to Chassé} Thru R, sd & fwd L/cl R, fwd L (Thru L, sd & fwd R/cl L, fwd R);
- 12 12&3 {Syncopated Natural Pivot} Thru R, sd & bk L pivoting RF/fwd R pivoting RF, bk L trng RF (Thru L, fwd R pivoting RF/cl L pivoting RF, fwd R trng RF);

**13 - 16 R LNG ROLL & SLIP ; FWD CHASSE R ; BK BK/LK BK ; BK HVR TRN TO SKTRS ;**

- 13 {Right Lunge Roll & Slip} Lunge sd & fwd R twd LOD chg shape to R as xfr wgt over R ft start RF body roll, swvl RF as stp L [sml stp] rise & chg sway to L trng bdy LF, slip R bk to CP fcg DLC (Lunge sd & bk L xfr wgt over L ft body roll, cl R to L as rise, slip L fwd btw M's feet to CP);
- 14 12&3 {Forward Chassé Right} Fwd L, sd R/cl L, sd R fcg DRC (Bk R, sd L/cl R, sd L);
- 15 12&3 {Sync Back Lock} Bk L, bk R/XLIF, bk R (Fwd R, fwd L/XRIB, fwd L);
- 16 1 - 3 {Back Hover Turn to Skaters} Rel lead hold as stp bk L trng RF, rise on L, sd R to (123) Skaters LOD [both w/L ft free] (Fwd R, cl L spinning RF, sd & fwd R [like a Riff Turn]);

**17 - 20 FWD 3 ; UNDR ARM ROLL ; FWD UNDR ARM ROLL (L-SKTRS) ; PROG HVR (SKTRS) ;**

- 17 {Forward 3} [same footwork] Fwd L, R, L ;
- 18 {Right face Underarm Roll} [Both roll RF w/L hnds jnd] Raise **jnd L hnds** as step fwd R trng RF, loop jnd hnds over W's head as cont trn sd & bk L, lwr jnd hnds to end bhnd M's bk & rel hld as complete trn sd & fwd R join R hnds in frnt of W;
- 19 12&3 {Forward & Underarm Roll to L Sktrs} [Both stp fwd L then qkly roll RF as raise **jnd R hnds** over W's head - this time ending in SCAR] Fwd L, raise jnd R hnds as step fwd R twd DLW trng RF [M passes IF of W while changing sds] /fwd & sd L trng RF as loop jnd hnds over W's head, lwr jnd hnds to sd & fwd R blend to L-Sktrs;
- 20 {Progressive Hover to Skaters} Fwd L leading W to pass in front, fwd & sd R w/rise, fwd L - end in Skaters DLC (Fwd L twd DLW in front of ptr, fwd & sd R w/slt rise, sd & fwd L);

**21 - 22 LADY SYNC PICKUP LOCK ; CLOSED TELEMAR ;**

- 21 123 {Lady's Sync Pickup Lock} Fwd R, fwd & sd L, XRIB (Fwd R, fwd L, trng LF/stp sd R, XLIF); (12&3)
- 22 {Closed Telemark} Fwd L, fwd & sd R trng LF, sd & fwd L CBJO DLW (Bk R, heel trn on R as cl L to fc ptr, sd & bk R); [Note: 2<sup>nd</sup> time thru this will be an Open Telemark]

B SEQ (Add Meas. 23 - 26)

- 1 - 4 NATRL OVR-SPIN ; ; OK LOCK - SIDE/LOCK ; DOUBLE REVERSE ;  
5 - 8 DRAG HESIT (BJO) ; CURL TO SKTRS (w/LAYBACK) ; THRU SWVL TO SLO HINGE ; ;  
9 - 12 LADY SYNC OTSD TRN (SCAR) ; X-HVR SCP ; THRU CHASSE ; SYNC PVT ;  
13 - 16 R LNG ROLL & SLIP ; FWD CHASSE R ; BK BK/LK BK ; BK HVR TRN TO SKTRS ;  
17 - 20 FWD 3 ; UNDR ARM ROLL ; FWD UNDR ARM ROLL (L-SKTRS) ; PROG HVR (SKTRS) ;  
21 - 24 LADY SYNC PICKUP LOCK ; OPEN TELEMAR ; OPEN NATRL ; BK TRNG WHISK ;  
21 123 {Lady's Sync Pickup Lock} Fwd R, fwd & sd L, XRIB (Fwd R, fwd L, trng LF/stp sd R, XLIF);  
(12&3)  
22 {Open Telemark} Fwd L, fwd & sd R trng LF, sd & fwd L SCP DLW (Bk R, heel trn on R as  
cl L to fc ptr, sd & fwd R);  
23 {Open Natural} Thru R, fwd & sd L, bk R w/R sd lead (Fwd L, fwd R, fwd L);  
24 {Back Turning Whisk} Bk L trng RF, sd R cont trn, as XLIB (Fwd R trng RF, sd L cont trn, as  
XRIB);  
25 - 26 CHASSE 1/2 OPN ; THRU RONDE - FREEZE ;  
25 12&3 {Chasse to Half-open} Thru R, fwd L/cl R, fwd L to 1/2 OPN (Thru L fwd R/cl L, fwd R);  
26 1-- {Thru Ronde - Freeze} Thru R, Ronde L CW to pt sd & fwd twd LOD, hold (Thru L, Ronde R  
CCW to pt sd & bk, hold); [like a slow Whiplash]

Repeat A SEQ

- 1 - 4 CHECK-BK REC SCP ; WEAVE w/(SYNC UNDERARM) to SKTRS ; ; FWD 3 ;  
5 - 8 FWD CHASSE R ; X-CK REC SD ; LADY SYNC PICKUP LOCK ; OPN TELE ;  
9 - 12 RUNNING OPN NATRL ; BK RIPPLE CHASSE ; SYNC PVT & TWST ; ;  
13 - 16 ROLLING SWAY TO HIGH LINE ; ; CNTRA CK REC SCP ; THRU CHASSE SCP ;  
17 - 18 WEAVE 5 w/CK & SWITCH ; ;

END

- 1 - 3 RUDOLPH FALLAWAY - SWIVEL TO THROWAWAY w/CURL ; ; ;  
1 - 3 {Rudolph Ronde to Fallaway} Fwd R w/R sd lead, w/slight lift trn hips RF, stay low in tight SCP  
start to stp bk L [well under bdy] (Bk L, Rondé R CW well behind L, stay low as start to step bk R  
in tight SCP);  
{Complete Fallaway then Swivel to Throwaway w/Curl} Cont to stp bk L w/slight rise, trn bdy  
LF to CP fcg nearly LOD, cl R to L as start Throwaway lead; as lwr into R raise jnd hnds to lead  
W's Curl [LF swivel] cont to lwr into R xtnd L sd & fwd, -, - (Cont to stp bk R w/rise, swivel LF  
on R to CP, slowly lwr as press L toe bk twd LOD; retain L ft twd LOD as Curl LF on R, -, - );