

Sunshine In My Life

Choreographers: TJ & Bruce Chadd, 975 W Louisville Ct, Meridian, ID 83642

Phone: (208) 887-1271

Email: TJChadd@gmail.com

Music: "Sunshine In My Life" by Susie Villapane

CD: "Freedom" or single download at casa-musica-shop.de

Release Date: August 2014

Rhythm: Rumba

Phase: IV

Original Length of Music: 3:33

Music Modification: None

Sequence: Intro AB AB(mod) Int B(mod) End

Footwork: Opposite for Woman unless otherwise noted

INTRO (4 Measures)

1-4 **FCING PTR & WALL IN BFLY ~ WAIT; WAIT; CUCARACHA 2X;;**

1-2 **(Wait; Wait)** Hold intro position above for 2 measures;;

3-4 **(Cucaracha 2X)** Sd L with partial weight, rec R, clo L, -; Sd R with partial weight, rec L, clo R, -;

PART A (14 Measures)

1-8 **BASIC;; NY; SPOT TURN; FENCE LINE; THRU SERPIENTE;; SPOT TURN;**

1-2 **(Basic)** Fwd L, rec R, sd L, -; Bk R, rec L, sd R, -;

3 **(NY)** Swiveling on right ft bring L ft thru with straight leg to sd by sd position fcng RLOD, rec R swiveling to fc ptr and wall, sd L, -;

4 **(Spot Trn Bfly)** Swivel 1/4 on ball of left ft fwd R trning 1/2, rec L trning 1/4 to fc ptr, sd R to Bfly fcng Wall, -;

5 **(Fnc Ln)** X lunge thru L with bent knee looking right, rec R trning to fc ptr, sd L, -;

6-7 **(Thru Serpiente)** Thru R, sd L, behind R, fan left CCW; behind L, sd R, thru L, fan right CCW;

8 **(Spot Trn Bfly)** Swivel 1/4 on ball of left ft fwd R trning 1/2, rec L trning 1/4 to fc ptr, sd R to Bfly fcng Wall, -;

9-14 **FENCE LN; AIDA; SWITCH RK; CRAB WK 1/2 (LOD); CUCARACHA X; CUCARACHA;**

9 **(Fnc Ln)** X lunge thru L with bent knee looking right, rec R trning to fc ptr, sd L, -;

10 **(Aida)** To LOD ~ Thru R trning RF, sd L continuing RF trn, bk R, -;

11 **(Switch Rk)** Turning LF to fc partner sd L cking bringing joined hands thru, rec R, sd L, -;

12 **(Crab Wk 1/2)** To LOD ~ XRIF of left, sd L, XRIF of left, -;

13 **(Cucaracha X)** Sd L with partial weight, rec R, XLIF of right, -;

14 **(Cucaracha)** Sd R with partial weight, rec L, clo R, -;

PART B (14 Measures)

1-8 **FWD BASIC; FACING FAN; FWD BASIC ~ LADY WRAP ~ MAN TRANSITION;
(LT FT) HIP RKS 2X;; FWD BASIC ~ MAN TRANSITION ~ LADY CLOSES;
SLIDING DOOR 2X;;**

1 **(Fwd Basic)** Fwd L, rec R, fwd L, -;

2 **(Facing Fan)** Bringing hnds low and in front of body bk R, rec fwd L turning 1/4 LF to fc LOD, fwd R, -; (Fwd L, trning LF step sd & bk R making 1/4 trn to left, bk L leaving right ft extended fwd with no weight, -;)

3 **(Fwd Basic ~ Lady Wrap ~ Man Transition)** Fwd L, raising left arm and leaving right arm low with no step lead Lady to start to wrap, rec R bringing left arm down to wrap fcng LOD, -; (Bk R, raising right arm fwd L starting 1/2 LF trn under Mans left arm, complete 1/2 LF trn to fc LOD sd R lowering arms to wrap, -;)

4-5 **(Hip Rks 2X)** In Wrapped Position ~ both with left ft free ~ Rk sd L rolling hip sd and bk, rec R with hip roll, rec L with hip roll, -; Rk sd R rolling hip sd and bk, rec L with hip roll, rec R with hip roll, -;

6 **(Fwd Basic ~ Man Transition ~ Lady Closes)** Staying in Wrapped Position LOD Fwd L, -, rec R, -; (Fwd L, rec R, clo L to right, -;)

7-8 **(Sliding Door 2X)** Letting go of wrapped position ~ Rk apt L, rec R, XLIF of right, -; Rk apt R, rec L, XRIF of left, -;

- 9-14** **RK SD, REC, FWD; MAN SPOT TURN ~ LADY FAN; HOCKEY STICK;;**
CK FWD ~ LADY DEVELOP; BK SD CLO TO BFLY; ** 2ND & 3RD TIME THRU TO CPW
- 9** (Rk Sd, Rec, Fwd) Rk sd L, rec R, fwd L, -;
- 10** (Man Spot Turn ~ Lady Fan) Fwd R trning 1/2, rec L trning 1/4 to fc ptr, sd R, -; (Fwd L, fwd R turning 1/2 LF to fc RLOD, bk L extending left arm, -;)
- 11-12** (Hockey Stick) Fwd L, rec R, clo L, -; Bk R, rec L trning slightly to fc DRW, fwd R following ptr, -; (Clo R, fwd L, fwd R, -; Fwd L, fwd R trning LF to fc DLC & ptr, sd and bk L, -;)
- 13** (Ck Fwd – Lady Develop) Fwd L outside ptr checking, -, -, -; (Bk R, bring L foot up right leg to inside of right knee on counts 2 and 3,, extend L foot fwd;)
- 14** (Bk Sd Clo to Bfly) Bk R to fc Wall, sd L, clo R to Bfly fcing Wall, -;

REPEAT PART A (14 Measures)

PART B(mod) (14 Measures)

- 1-8** **FWD BASIC; FACING FAN; FWD BASIC ~ LADY WRAP ~ MAN TRANSITION;**
(LT FT) HIP RKS 2X;; FWD BASIC ~ MAN TRANSITION ~ LADY CLOSES;
SLIDING DOOR 2X;;

1-8 Repeat Part B measures 1-8

- 9-14** **RK SD, REC, FWD; MAN SPOT TURN ~ LADY FAN; HOCKEY STICK;;**
CK FWD ~ LADY DEVELOP; BK SD CLO TO CPW;

9-13 Repeat Part B measures 9-13

14 (Bk Sd Clo to CPW) Bk R to fc Wall, sd L, clo R to CPW, -;

INTERLUDE (8 Measures)

- 1-8** **START A CROSS BODY; LADY CROSS SWIVEL 2X; FINISH CROSS BODY;**
NY; FENCE LINE; CHASE W/ UNDERARM PASS LOW BFLY;; HIP RK 4 QKS;

1 (Start a Cross Body) Fwd L, rec R turning 1/4 LF, sd L fc LOD, -; (Bk R, rec L, fwd R, -;)

2 (Lady Cross Swivel Twice) Sd R, -, sd L, -; (Fwd L swiveling 1/2 LF, -, fwd R swiveling 1/2 RF, -;)

3 (Finish Cross Body) Bk R turning LF 1/4, fwd L fc COH, sd R, -; (Fwd L, fwd R turning LF 1/2, sd L, -;)

4 (NY) Swiveling on right ft bring L ft thru with straight leg to sd by sd position fcing LOD, rec R swiveling to fc ptr and COH, sd L, -;

5 (Fnc Ln) X lunge thru R with bent knee looking left, rec L trning to fc ptr, sd R, -;

6-7 (Chase w/ Underarm Pass) Fwd L commence 1/2 RF turn keeping lead hands joined, rec fwd R, fwd L, -; Bk R raising joined lead hands, rec L, sd R, -; (Bk R keeping lead hands joined, rec L, fwd R toward Man's left side, -; Fwd L, fwd R turning 1/2 LF under joined lead hands to fc partner, sd L, -;)

8 (Hip Rk 4 Qks) Bringing hands low between partner ~ Rk sd L rolling hip sd and bk, rec R with hip roll, rec L with hip roll, rec R with hip roll;

REPEAT PART B(mod) (14 Measures)

END (3 Measures)

- 1-3** **BK TO CORTE ~ HOLD;; LADY QUICK LEG CRAWL;;**

1-2 (Bk to Corte ~ Hold) Bk & Sd L lowering into left leg and leaving right leg extended fwd, -, -, -; -, -, -, -; (Fwd & sd R lowering into right leg and leaving left leg extended bk, -, -, -; -, -, -, -;)

5 (Lady Quick Leg Crawl) Hold Bk Corte position, -, -, -; (Lift left leg up along Man's outer right thigh with toe pointed to the floor, -, -, -;).

See Page 3 for Quick Cues

"Sunshine In My Life" Quick Cues

Sequence: Intro AB A B(mod) Int B(mod) End

- Intro:** Bfly Fcing Wall - Lead Feet Free ~~ Wait; Wait; Cucaracha 2X;;
- A:** Basic;; NY; Spot Trn;
Fnc Ln; Thru Serpiente;; To a Spot Trn;
Fnc Ln; Aida; Switch Rk; Crab Wk 1/2;
Cucaracha Cross; Cucaracha;
- B:** Fwd Basic; Fcing Fan; Fwd Basic ~ Lady Wrap ~ Man Transition; Hip Rks 2X;;
Fwd Basic ~ Man Transition ~ Lady Close; Sliding Door 2X;;
Rk Sd, Rec, Fwd; Man Spot Trn ~ Lady Fan; Hockey Stick;;
Ck Fwd ~ Lady Develop; Bk Sd Clo Bfly Wall;
- A:** Basic;; NY; Spot Trn;
Fnc Ln; Thru Serpiente;; To a Spot Trn;
Fnc Ln; Aida; Switch Rk; Crab Wk 1/2;
Cucaracha Cross; Cucaracha;
- B(mod):** Fwd Basic; Fcing Fan; Fwd Basic ~ Lady Wrap ~ Man Transition; Hip Rks 2X;;
Fwd Basic ~ Man Transition ~ Lady Close; Sliding Door 2X;;
Rk Sd, Rec, Fwd; Man Spot Trn ~ Lady Fan; Hockey Stick;;
Ck Fwd ~ Lady Develop; Bk Sd Clo CPW;
- Int:** Start a Cross Body; Lady Cross Swivel 2X; Finish the Cross Body;
NY; Fnc Ln; Chase w/ UA Pass to Low Bfly;; Hip Rk 4 Qks;
- B(mod):** Fwd Basic; Fcing Fan; Fwd Basic ~ Lady Wrap ~ Man Transition; Hip Rks 2X;;
Fwd Basic ~ Man Transition ~ Lady Close; Sliding Door 2X;;
Rk Sd, Rec, Fwd; Man Spot Trn ~ Lady Fan; Hockey Stick;;
Ck Fwd ~ Lady Develop; Bk Sd Clo CPW;
- End:** Bk to Corte & Hold;; Lady Leg Crawl;.