

SUNSHINE IN THE RAIN

Released September 2011

CHOREO: Bill and Maxine Ross, 19 Castleton Court, Fredericton, NB, Canada E3B 6H3

(506) 455-6538, e-mail: bmross@nbnet.nb.ca web page <http://billmaxineross.com>

CD: 2007 Tema International Ltd, CD Title "Dancebeat 15: Don't Stop The Music: Latin Heat 7" (Artist: Tony Evans) Track 5
"Sunshine In The Rain" or download from internet site such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 3:49

RHYTHM: Cha Cha RAL PHASE V

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-B-C-B-C-D-A-C-C(1-14)-ENDING

MEAS:

INTRODUCTION

1-6 BFLY WALL WAIT 2 MEAS;; OPEN BREAK; FULL NATURAL TOP;;;

1-2 Wait in BFLY WALL w/ lead ft free for pickup notes + 2 meas;;

3 {**Open Break**} Rk apt L to LOP-FCG extend R (W L) arm up with palm out, rec R lower arm, sd L/clR, sd L to CP DRW;

4-6 {**Full Natural Top**} CP DRW XRib trn RF, sd L cont trn, XRib/sd L cont trn, XRib cont trn (W sd L trn RF, XRif cont trn, sd L/XRif cont trn, sd L cont trn); Sd L cont trn, XRib cont trn, sd L/XRif cont trn, sd L cont trn (W XRif cont trn, sd L cont trn, XRif/sd L cont trn, XRif cont trn); XRib trn RF, sd L cont trn, XRib/sd L cont trn, cl R to CP WALL having completed 17/8 trn over 3 meas (W sd L trn RF, XRif cont trn, sd L/XRif cont trn, sd L);

7-8 CROSS BASIC FC COH;;

7-8 {**Cross Basic fc COH**} CP WALL XLif trn 1/4 LF, rec bk R, sd L/cl R, sd L (W XRib trn 1/4 LF, rec fwd L, sd R/ cl L, sd R); XRib trn LF 1/4, rec fwd L, sd R/ cl L, sd R to CP COH (W XLif trn 1/4 LF, rec bk R, sd L/cl R, sd L);

PART A

1-3 BREAK TO SCP; AIDA; SLOW HIP ROCKS;

1 {**Break to SCP**} CP COH Bhd L trn to SCP RLOD, rec fwd R, fwd L/cl R, fwd L;

2 {**Aida**} SCP RLOD Fwd R trn RF (W LF), sd L cont RF trn, bk R/lk Lif, bk R to V bk-to-bk pos with ld hnds joined;

3 {**Slow Hip Rocks**} Aida line fc LOD rk fwd L w/ hip roll, -, rec R w/ hip roll (W rk fwd R w/ hip roll, -, rec L w/ hip roll), -;

4-9 AIDA TO TRIPLE CHA BACK;; SWITCH CROSS; CROSS BODY FC WALL;;

4-5 {**Aida to Triple Cha Back**} Aida line fc LOD Fwd L trn LF (W RF), sd R cont LF trn, bk L/lk Rif, bk L; Bk R/lk Lif, bk R, bk L/lk Rif, bk L to V bk-to-bk pos with trl hnds joined;

6 {**Switch Cross**} Trn RF (W LF) to fc ptr sd R ck bring trl hnds thru, rec L, XRif/sd L, XRif to BFLY COH;

7-8 {**Cross Body**} Fwd L, rec R trn LF, [ft trn about 1/4 body trn 1/8] sd L/cl R, sd L (W bk R, rec L, fwd R/cl L, fwd R twd M staying on R sd end in L-shaped pos); Bk R bhd L cont LF trn, rec L, sd R/cl L, sd R to BFLY WALL (W fwd L commencing to trn L, fwd R trn 1/2 LF, sd L/cl R, sd & bk L);

PART B

1-4 SINGLE CUBAN; DOUBLE CUBAN; FENCE LINE; SAND STEP;

1 {**Single Cuban**} BFLY WALL XLif (W XRif)/rec R, sd L, XRif/rec L, sd R;

2 {**Double Cuban**} BFLY WALL XLif (W XRif)/rec R, sd L/rec R, XLif/rec R, sd L;

3 {**Fence Line**} In BFLY X lun thru R with bent knee look in dir of lun, rec L trn to fc ptr, sd R/cl L/ sd R;

4 {**Sand Step**} BFLY WALL Swvl slightly to R on R rotate L knee inward tch L toe to instep of R, swvl slightly to L on R rotate L knee outward to tch L heel to floor, swvl slightly to R on the R XLif/sd R, XLif (W swvl slightly to L on L rotate R knee inward tch R toe to instep of L, swvl slightly to R on L rotate R knee outward to tch R heel to floor, swvl slightly to L on the L XRif/sd L, XRif);

5-8 SAND STEP; SIDE WALKS; NEW YORKER; SPOT TURN IN 4;

5 {**Sand Step**} BFLY WALL Swvl slightly to L on L rotate R knee inward tch R toe to instep of L, swvl slightly to R on L rotate R knee outward to tch R heel to floor, swvl slightly to L on the L XRif/sd L, XRif (W swvl slightly to R on R rotate L knee inward tch L toe to instep of R, swvl slightly to L on R rotate L knee outward to tch L heel to floor, swvl slightly to R on the R XLif/sd R, XLif);

6 {**Side Walks**} BFLY WALL Sd L, cl R, sd L/cl R, sd L;

7 {**New Yorker**} Thru R to OP LOD, rec L to fc ptr, sd R/cl L, sd R to BFLY WALL;

8 {**Spot Turn in 4**} XLif (W XRif) trn 1/2 RF (W LF), rec R cont trn to fc ptr, sd L, rec R to BFLY WALL;

PART C

1-4 OPEN HIP TWIST; FAN; HOCKEY STICK TO HANDSHAKE::

- 1 {**Open Hip Twist**} LOP-FCG WALL Ck fwd L, rec R, bk L/cl R, bk L small stp push arm fwd gently to trn W (W rk bk R, rec L, fwd R/fwd L, fwd R swvl 1/4 RF on R);
- 2 {**Fan**} Bk R, rec L, sd R/cl L, sd R facing WALL (W fwd L, fwd R trn 1/2 LF to fc RLOD, bk L/lk Rif, bk L leave R extended fwd with no wgt);
- 3-4 {**Hockey Stick to Handshake**} Fwd L, rec R, in plc L/R, L (W cl R, fwd L, fwd R/fwd L, fwd R); Bk R, rec L, fwd R/cl L, fwd R to HNDSHK DRW (W fwd L, fwd R trn LF undr ld hnds to fc ptr, bk L/lk Rif, bk L);

5-8 FLIRT:: 2 SWEETHEARTS; LADY IN 4;

- 5-6 {**Flirt**} Hndshk DRW Fwd L, rec R, sd L/cl R, sd L to VARS WALL (W rk bk R, rec L trn LF, cont trn to VARS sd R/cl L, sd R); Bk R, rec L, sd R/cl L, sd R to L VARS (W rk bk L, rec R, sd L/cl R, sd L moving in front of M);
- 7 {**Sweetheart**} L VARS WALL Ck fwd L with R sd ld to contra ck like action, rec R straightening body, sd L/cl R, sd L to VARS WALL (W bk R with L sd ld to contra ck like action, rec L straightening body, sd R/cl L, sd R);
- 8 {**Sweetheart Lady in 4**} VARS WALL Ck fwd R with L sd ld to contra ck like action, rec L straightening body, sd R/cl L, sd R to VARS WALL (W bk L with R sd ld to contra ck like action, rec R straightening body, sd L, sd R);

9-12 PARALLEL CHASE:: WALK & CHA; LA SUIZA TO WALL;

- 9-10 {**Parallel Chase**} VARS WALL Sd L trn RF (W sd L trn RF), rec fwd R trn RF to L VARS RLOD, fwd L/cl R, fwd L; Sd R trn LF, rec fwd L trn RF to VARS LOD, fwd R/cl L, fwd R;
- 11 {**Walk & Cha**} VARS LOD Fwd L, fwd R, fwd L/cl R, fwd L;
- 12 {**La Suiza to WALL**} VARS LOD Look to COH sd R/lift on R flk L acrs in frnt R, XLif/lift on L flk R sd & bk, sd R/cl L, sd R (W sd L/lift on L flk R acrs in frnt L, XRif/lift on R flk L sd & bk, sd L/cl R, sd L);

13-16 LA SUIZA TO COH; FAN LADY IN 4; ALEMANA::

- 13 {**La Suiza to COH**} VARS LOD Look to WALL sd L/lift on L flk R acrs in frnt L, XRif/lift on R flk L sd & bk, sd L/cl R, sd L (W sd R/lift on R flk L acrs in frnt R, XLif/lift on L flk R sd & bk, sd R/cl L, sd R);
- 14 {**Fan Lady in 4**} VARS LOD Fwd R trn RF, sd L, cl R/sd L, cl R join ld hnds facing WALL (W fwd R, fwd L, fwd R trn LF 1/2 to face RLOD, bk L leave R extended fwd);
- 15-16 {**Alemaná**} Fwd L, rec R, sd L/cl R, sd L lead W to trn RF (W cl R, fwd L, fwd R/fwd L, fwd R commence RF swvl to fc M); Bk R, rec L, sd R/cl L, sd R to BFLY WALL (W cont RF trn under ld hnds fwd L, cont trn fwd R to fc M, sd L/cl R, sd L);

PART D

1-3 SIT LINE; SPOT TURN; OPEN BREAK;

- 1 {**Sit Line**} LOP-FCG Sm bk L relax knee leave R leg extended R arm up & slight fwd bdy poise, rec R, sd L/cl R, sd L to BFLY WALL (W sm bk R relax knee leave L leg extended L arm up & slight fwd bdy poise, rec L, sd R/cl L, sd R);
- 2 {**Spot Turn**} XRif (W XLif) trn 1/2 LF (W RF), rec L cont trn to fc ptr, sd R/cl L, sd R to BFLY WALL;
- 3 {**Open Break**} Rk apt L to LOP-FCG extend R (W L) arm up with palm out, rec R lower arm, sd L/cl R, sd L to CP DRW;

4-8 FULL NATURAL TOP::: CROSS BASIC FC COH::

- 4-6 {**Full Natural Top**} CP DRW XRib trn RF, sd L cont trn, XRib/sd L cont trn, XRib cont trn (W sd L trn RF, XRif cont trn, sd L/XRif cont trn, sd L cont trn); Sd L cont trn, XRib cont trn, sd L/XRib cont trn, sd L cont trn (W XRif cont trn, sd L cont trn, XRif/sd L cont trn, XRif cont trn); XRib trn RF, sd L cont trn, XRib/sd L cont trn, cl R to CP WALL having completed 17/8 trn over 3 meas (W sd L trn RF, XRif cont trn, sd L/XRif cont trn, sd L);
- 7-8 {**Cross Basic fc COH**} CP WALL XLif trn 1/4 LF, rec bk R, sd L/cl R, sd L (W XRib trn 1/4 LF, rec fwd L, sd R/cl L, sd R); XRib trn LF 1/4, rec fwd L, sd R/cl L, sd R to CP COH (W XLif trn 1/4 LF, rec bk R, sd L/cl R, sd L);

ENDING

1-2 BEGIN ALEMANA; AIDA & HOLD;

- 1 {**Begin Alemaná**} Fwd L, rec R, sd L/cl R, sd L lead W to trn RF (W cl R, fwd L, fwd R/fwd L, fwd R commence RF swvl to fc M);
- 2 {**Aida & Hold**} BFLY WALL Thru R (W thru L), trn RF (W LF) sd L, cont RF trn bk R to V bk-to-bk pos with ld hnds joined, -;

ABC BCD ACC(1-14)

WAIT	WAIT
OPEN BREAK	FULL NATURAL TOP
----	----
CROSS BASIC FC COH	----

A	BREAK TO SCP	AIDA
	SLOW HIP ROCKS	AIDA TO TRIPLE CHA BACK
	----	SWITCH CROSS
	CROSS BODY FC WALL	----

B	SINGLE CUBAN	DOUBLE CUBAN
	FENCE LINE	SAND STEPS TWICE
	----	SIDE WALKS
	NEW YORKER	SPOT TURN IN 4

C	OPEN HIP TWIST	FAN
	HOCKEY STICK	END HANDSHAKE
	FLIRT	----
	2 SWEETHEARTS	LADY IN 4
	
	PARALLEL CHASE	----
	WALK & CHA	LA SUIZA TO WALL
	LA SUIZA TO COH	FAN LADY IN 4
	ALEMANA	----

D	SIT LINE	SPOT TURN
	OPEN BREAK	FULL NATURAL TOP
	----	----
	CROSS BASIC FC COH	----

END BEGIN ALEMANA	AIDA & HOLD
-------------------	-------------

5-10 SUNSHINE IN THE RAIN (ROSS) 6280
 (BFLY WALL LEAD FOOT FREE)