

Walking On Sunshine

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Music: "Walking On Sunshine" – Lions Gate Chorus – From CD "Glow" – available as iTunes
download Time/Speed: 2:41/Music slowed 4% from download (Original length 2:34)

Footwork: Opposite, directions for man except as noted (W's in parentheses)

Rhythm: RB Phase: III Release Date: June 2008

Sequence: I A B A B C



I

[CP WALL]

01-04 WAIT ; ; CUCARACHA TWICE ; ;

01-02 In CP M fcg wall w/ ld ft free wt ; ;

03-04 {Cuca 2X} sd L , rec R , cl L , - ; sd R , rec L , cl R endg BFLY , - ;

A

01-04 SHOULDER TO SHOULDER ; UNDERARM TURN TO A; LARIAT ; ;

01-02 {Shldr-shldr} Fwd L to BFLY-SCAR , rec R , sd L , - ; {Undrm trn} XIB R , rec L , sd R , - (XIF L stg
RF trn undr jnd ld hnds , rec R compg RF trn to fc ptr , sd L , -) endg at ptr's R shldr;

03-04 {Lrt} sm sd L , rec R , SIP L , - ; sm sd R , rec L , SIP R , ; (circ M CW w/ jnd ld hnds fwd R , fwd L
, fwd R , - ; fwd L , fwd R , sd L to end fcg M , - ;) endg BFLY

05-08 FENCE LINE ; THRU SERPIENTE ; ; FENCE LINE ;

05 {Fnc line} X lun thru L , rec R , sd L , - ;

06-07 {Thru serp} thru R , sd L , bhd R , fan L CCW ; bhd L , sd R , thru L , fan R CCW ;

08 {Fnc line } X lun thru R , rec L , sd R , - ;

09-12 CHASE ; ; ; ;

09 fwd L start 1/2 RF trn , rec fwd R , fwd L , - ; (bk R , rec L , fwd R , - ;)

10 fwd R start 1/2 LF trn , rec fwd L , fwd R , - ; (fwd L start 1/2 RF trn , rec fwd R , fwd L , - ;)

11 fwd L , rec R , bk L , - ; (fwd R start 1/2 LF trn , rec fwd L , fwd R , - ;)

12 bk R , rec L , fwd R , - ; (fwd L , rec R , bk L , - ;) endg BFLY

13-16 SHOULDER TO SHOULDER ; UNDERARM TURN ; REVERSE UNDERARM TURN ; TIME STEP ;

13-14 {Shldr-shldr} Fwd L to BFLY-SCAR , rec R , sd L , - ; {undrm trn} XIB R , rec L , sd R , - (XIF L stg
RF trn undr jnd ld hnds , rec R compg RF trn to fc ptr , sd L , -)

15-16 {REVERSE Underarm Trn} XIF L , rec R , sd L , - ; (XIF R stg LF trn undr jnd ld hnds , rec L
compg LF trn to fc ptr , sd R , -) {Time Step} XIB R , rec L , sd R , - ;

B

01-04 OPEN BREAK ; WHIP [FACE CENTER] ; NEW YORKER TWICE ; ;

01-02 {Op brk} rk apt strongly L to LOP-FCG while extendg free arm up with palm out , rec R lowerg
free arm , SD L , ; {Whip} Bk R start 1/4 LF trn , rec fwd left trng1/4 to comp trn , sd R , - ; (Fwd L
outsd M on his L sd , fwd R start 1/2 LF trn , sd L , - ;

03-04 {NY 2x} thru L w/ straight leg to LOP , rec R to fc ptr , sd L , ; thru R w/ straight leg to OP , rec L to
fc ptr , sd R , ;

05-06 OPEN BREAK ; WHIP [FACE WALL] ;

05-06 {Op brk} rk apt strongly L to LOP-FCG while extendg free arm up with palm out , rec R lowerg
free arm , SD L , ; {Whip} Bk R start 1/4 LF trn , rec fwd left trng1/4 to comp trn , sd R , - ; (Fwd L
outsd M on his L sd , fwd R start 1/2 LF trn , sd L , - ;

07-10 CHASE PEEK-A-BOO ; ; ; ;

07 fwd L start 1/2 RF trn , rec fwd R , fwd L , - ; (bk R , rec L , fwd R , - ;)

08 sd R lookg ovr L shldr , rec L , cl R , - ; (sd L , rec R , cl L , - ;)

09 sd L lookg ovr R shldr , rec R , cl L , - ; (sd R , rec L , cl R , - ;)

10 fwd R start 1/2 LF trn , rec fwd L , fwd R , - ; (fwd L , rec R , bk L , - ;) endg BFLY

C

01-04 SHOULDER TO SHOULDER ; UNDERARM TURN ; HAND TO HAND TWICE ; ;

01-02 {Shldr-shldr} fwd L to BFLY-SCAR , rec R , sd L , - ; {undrm trn} XIB R , rec L , sd R , - (XIF L stg
RF trn undr jnd ld hnds , rec R compg RF trn to fc ptr , sd L , -)

03-04 {Hnd-hnd 2x} bhd L start trn to OP , rec R to fc , sd L , ; bhd R start trn to LOP , rec L to fc , sd R ,
;

05-08 BREAK TO OPEN ; PROGRESSIVE WALK 6 ; ; NEW YORKER ;

05 {Brk to OP} start LF trn bhd L to OP , rec fwd R , fwd L , - ;

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- 06-07 {Prog wkls 6} fwd R , fwd L , fwd R , - ; fwd L , fwd R , fwd L , - ;
08 {NY} thru R w/ straight leg to OP , rec L to fc ptr , sd R endg BFLY , ;
- 09-12 FENCE LINE ; SPOT TURN TWICE ; ; FENCE LINE ;**
- 09-10 {Fnc line} X lun thru L , rec R , sd L , - ; {Spt trn} XIF R stg LF trn , rec L compg LF trn to fc ptr , sd R , - ;
11-12 {Spt trn} XIF L stg RF trn , rec R compg RF trn to fc ptr , sd L , - ; {Fnc line } X lun thru R , rec L , sd R , - ;
- 13-16 OPEN BREAK ; WHIP [FACE CENTER] ; NEW YORKER TWICE ; ;**
- 13-14 {Op brk} rk apt strongly L to LOP-FCG while extendg free arm up with palm out , rec R lowerg free arm , SD L , ; {Whip} Bk R start 1/4 LF trn , rec fwd left trng1/4 to comp trn , sd R , - ; (Fwd L outsd M on his L sd , fwd R start 1/2 LF trn , sd L , - ;
- 15-16 {NY 2x} thru L w/ straight leg to LOP , rec R to fc ptr , sd L , ; thru R w/ straight leg to OP , rec L to fc ptr , sd R , ;
- 17-20 OPEN BREAK ; WHIP [FACE WALL] ; NEW YORKER TWICE ; ;**
- 17-18 {Op brk} rk apt strongly L to LOP-FCG while extendg free arm up with palm out , rec R lowerg free arm , SD L , ; {Whip} Bk R start 1/4 LF trn , rec fwd left trng1/4 to comp trn , sd R , - ; (Fwd L outsd M on his L sd , fwd R start 1/2 LF trn , sd L , - ;
- 19-20 {NY 2x} thru L w/ straight leg to LOP , rec R to fc ptr , sd L , ; thru R w/ straight leg to OP , rec L to fc ptr , sd R , ;
- 21-21 OPEN BREAK 1 AND FREEZE;**
- 17-18 {Op brk} rk apt strongly L to LOP-FCG while extendg free arm up with palm out , - , - , - ;