

Theme From "Sunshine"



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Music : Casa Musica (Download - \$1.94US) "Ballroom Fantasy - Premium Standard" Trk-1

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

Timing : Standard (except as noted) **Date:** 10/2012

Sequence : Intro, A, B, C, A, B, End **Ver:** 1.1

INTRO

1 - 4 WAIT ; CROSS HNDS then SWEEP ARMS & CARESS ; ; REC-SWVL-POINT ;

Note: Same footwork, Intro thru 2nd meas. of part A -the only piano notes that will be heard for the first four measures will be 1-,3;1,-,-;1,2,3;1,-,-;

- 1 { **Wait 1--** } M fcg RLOD (LOD) diagonally in front of each other & about 3 ft apart, both w/L foot pointed toward partner [toe down] ;
- 2 - 3 { **Cross hands then Sweep arms as shape to partner & caress 31-- 123** } As notes '31' are played cross hands in front of body in continuous motion sweep arms out ; then continue to sweep the R arm up & fwd as you turn upper body toward your partner transferring weight to L to 'caress' his (her) cheek [L hand near hip] ;
- 4 { **Recover-swivel with point 1--** } Recover to R using body 'wind-up' to help RF swivel to face twd ptr with L pointed bk twd LOD (RLOD) ;

A SEQ

1 - 4 THRU HOVER-TURN ; FWD RONDE-TRN ; SLOW OPN CNTRA CHECK & EXTEND ; ;

- 1 { **Thru Hover-turn 123** } Thru L twd RLOD, fwd & sd R trng LF, rec L to nearly fc LOD (*Thru L twd LOD, fwd & sd R trng LF, rec L to nearly fc RLOD*) ;
- 2 { **Forward Ronde RF 123** } Fwd R join'g R hnds, Ronde L trng RF, tch L to R fc ptr & DRW (*Fwd R join'g R hnds, sweep L hnd up as Ronde L trng to fc ptr, cl L to R as place L hnd on M's R arm*) ;
- 3 - 4 { **Slow Open Contra Check 123 456** } Slowly lwr into R at same time press L fwd CBM, -, - ; shift wgt over L, as cont. body trn extend joined hnds, - (*Slowly lwr into L turning to CBM as press R bk, -, - ; retain R head as shift wgt over ball of R & extend L hnd back, -, -*) ;

5 - 8 CHASSE (SCP DLC) ; WEAVE (BJO) ; ; MANEUVER ;

- 5 { **Chasse to SCP 12&3** } Rec R, sd L/cl R, sd & fwd SCP DLC (*Retain CBM as rec L, sd R/cl L, sd & fwd R SCP*) ;
- 6 - 7 { **Weave to BJO 123 456** } Thru R, fwd L trng LF CP, sd & bk R; bk L CBJO, bk R trng LF, sd & fwd L BJO DLW (*Thru L, fwd R trng LF CP, sd & fwd L; fwd R CBJO, fwd L trng LF, sd & bk R CBJO*) ;
- 8 { **Maneuver 123** } Fwd R comm. RF trn, fwd & sd L, cl R (*Bk L, sd & fwd R, cl L*) ;

9 - 12 PIVOT 3 (DLC) ; RONDE FALWY ; SIDE DRAW (BFLY-SCAR) ; X HVR (BJO) ;

- 9 { **Pivot 3 123** } Bk L trn'g 1/2 RF, fwd R trn'g 1/2 RF, bk L trn'g 3/8 RF to fc twd DLC (*Fwd R trn'g 1/2 RF, bk L trn'g 1/2 RF, fwd R trn'g 3/8 RF*) ;
- 10 { **Ronde Fallaway & 123** } Sd & fwd R DLC/Ronde L out & bk, -, bk L DLW still in Fallaway (*Bk L/Ronde R out & bk, -, bk R still in Fallaway*) ;
- 11 { **Slow Side draw 1--** } Sd R twd DLW, draw L twd R as blend to Bfly-SCAR, - (*Sd L twd DLW, draw R twd L as blend to Bfly-SCAR, -*) ;
- 12 { **Cross Hover to DLC 123** } Fwd & across L twd DLW, fwd & sd R w/rise trng LF, sd & fwd L DLC Bfly-BJO (*XRIB, sd & bk L w/rise trng LF, bk & sd R*) ;

13 - 16 X RONDE (SCAR) ; X HVR (BJO) ; SLO X-CHECK ; BK HVR SCP (DLW) ;

- 13 { **Cross Ronde to Scar DLW 12-** } Fwd & across R DLC, Ronde L trng RF to Bfly-SCAR DLW, - (*XLIB, Ronde R trng RF to Bfly-SCAR, -*) ;
- 14 { **Cross Hover to DLC 123** } Fwd & across L twd DLW, fwd & sd R w/rise trng LF, sd & fwd L twd DLC (*XRIB, sd & bk L w/rise trng LF, bk & sd R*) ;
- 15 { **Slow Cross-Check 1--** } Ck fwd R in Bfly-BJO twd DLC, extend while shaping twd ptr, - (*Ck bk L in Bfly-BJO, extend while shaping twd ptr, -*) ;
- 16 { **Back Hover to SCP 123** } Rec L, sd & bk R w/rise trng twd DLW, sd & fwd L in SCP (*Rec R, fwd & sd L w/rise, sd & fwd R in SCP*) ;

17 - 18 OPEN NATURAL ; HESITATION CHANGE (DLC) ;

- 17 { **Open Natural Turn 123** } Thru R, fwd & sd L, bk R LOD in CBJO (*Thru L, fwd R btwn ptr's feet to CP, fwd L CBJO*) ; *Note: Music retards thru Meas. 18.*
- 18 { **Hesitation Change 123** } Bk L trng RF, sd R, draw L to fc DLC (*Fwd R trng RF, sd L, draw R*) ;

B SEQ

1 - 4 DBL REV ; OPN TELE ; RUNNING FEATHER w/PIVOT ; TO RONDE w/LADY'S SWIRL ;

- 1 { **Double Reverse Spin 12- (12&3)** } Fwd L, fwd & sd R trng LF, cont. trn body LF as pull L to R – no wgt chg - to fc twd DLC in SCAR (*Bk R, heel trn cl L/fwd & sd R trng LF, cont trng XLIF*) ;
- 2 { **Telemark to SCP 456** } Fwd L, fwd & sd R trng LF, sd & fwd L SCP DLW (*Bk R, heel trn as cl L, sd & fwd R*) ;
- 3 { **Running Feather with Pivot 1&23** } Thru R/sd & fwd L, fwd R trng RF, bk L pvt RF to fc twd LOD (*Thru L/sd R, bk L, fwd R btwn ptr's feet pivoting RF*) ;
- 4 { **Ronde with Lady's Swirl 1-- (1&--)** } Lwr into L as step fwd & sd R btwn ptr's feet, stay low trn'g body twd ptr, with L ft still bk swivel RF on R to CP DRW –no wgt chg- (*Sd & bk L/Ronde R RF, cont. RF Ronde as swivel RF on L, cont. R foot circular motion preparing to step fwd twd DLC*) ;

5 - 8 BK PASS'G CHG ; BACK CHASSE (BJO) ; DBL NATURAL ; QK CK'D NATRL ;

- 5 { **Back Passing Change 123** } Bk L CP twd DLC, bk R CBJO, bk L (*Fwd R, fwd L CBJO, fwd R*) ;
- 6 { **Back Chasse BJO 12&3** } Bk R trng LF, sd L/cl R, sd & fwd L BJO (*Fwd L trng LF, sd R/cl L, sd & bk R BJO*) ;
- 7 { **Double Natural 12- (12&3)** } Fwd R, fwd & sd L trng RF, cont. trn with R ft circular motion preparing to step fwd outside ptr (*Bk L CBJO, cl R trng RF, fwd L/R otspd ptr trng RF to fc DRW*) ;
- 8 { **Quick Checked Natural &1 - -** } Fwd R/fwd & sd L, shaping RF allow R ft to drift CW, - (*Bk L/cl R, rise with feet together as swivel RF, -*) ; *Note: No Slip Pivot*

9 - 12 OPEN FINISH ; OPEN REVERSE ; BK TO THROWAWAY & EXTEND ; ;

- 9 { **Open Finish 123** } Bk R DLC, sd & fwd L, XRIF to BJO twd DLC (*Fwd L DLC, fwd & sd R, XLIB*) ;
- 10 { **Open Reverse Turn 123** } Fwd L trng LF, fwd & sd R, bk L BJO (*Bk R trng LF, sd & fwd L, fwd R BJO*) ;
- 11-12 { **Back to Throwaway & extend 12- ---** } Bk R, sd L, lwr into L as shape body LF; & extend line, -, - (*Fwd L, sd R, press L bk; as lower into R looking well L as extend the line, -, -*) ;

13 - 16 CURL TO SKTRS ; FWD WALTZ ; SHADOW CHAIR ; WING ;

- 13 { **Lady Curl to Skaters -2-** } Slowly rise on L as raise lead hnds lead'g ptr's LF trn, cl R, blend'g to Sktrs DLW (*Slowly rise on R, Curl LF, -*) ; *Note: M transition's to same footwork*
- 14 { **Skaters Waltz 123** } Three passing steps DLW . . . Sd & fwd L, fwd & acrs R (look at ptr as caress his cheek with right hand), sd & fwd L;
- 15 { **Shadow Chair 1--** } Lower into L as ck fwd & acrs R shaping to R, -, -;
- 16 { **Wing 1-- (123)** } Lead ptr twd your left sd, draw L twd R, over-trn to L to fc DLC (*Fwd L, R, L trng LF twd ptr's left sd*) ;

C SEQ

1 - 4 THREE FALLAWAYS ; ; ; BK TO LEFT WHISK ;

- 1 - 3 { **Three Fallaways 123 456 789** } Fwd L trng LF, sd & bk R bkg LOD, XLIB in falwy; bk R trng body LF, sd & bk L to RSCP, XRIB in falwy; with LF body trn slip pivot fwd L trng LF, sd & bk R to SCP, XLIB in falwy (*Bk R trng LF, sd & bk L RSCP, XRIB in falwy; with LF body trn small slip pivot fwd L trng LF, sd & bk R RSCP, XLIB in falwy; bk R trng body LF, sd & bk L, XRIB in falwy*) ;
- 4 { **Back to a Left Whisk 123** } Bk R trng LF, sd L, XLIB cont. body trn (*With LF body trn small slip pivot fwd L trng LF, sd & bk R, cont. body trn as XLIB*) ;

5 - 8 RUNAROUND ; ; OPEN IMPETUS ; OPEN IN & OUT RUNS ;

5 - 6 { **Runaround 1--456 (1&2&3&;4&5&6&)** } Unwind RF, -, -; then cont. trng RF on ball of R using small 'paddle' steps w/L, to end fcg nearly DLC, - (*Run fwd trng tightly RF R/L, R/L, R/L: R/L, R/L, R/L*) ; **Note: Approximately 1 3/4 RF turn during Runaround.**

7 { **Open Impetus 123** } Bk L, cl R toed out trng RF, sd & fwd L SCP LOD (*Fwd R, fwd & sd L trng RF, sd & fwd R*) ;

8 { **Open In & Out Runs 123** } Fwd R trng RF, sd & bk L, sd & fwd R to L-Half-Opn (*Thru L, fwd R btwn ptr's feet, sd & fwd L to Half-Opn*) ;

9 - 12 cont. IN & OUT RUN ; WALTZ FEATHER ; TELESPIN to SCP ; ;

9 { **cont. In & Out Runs 456** } Thru L, fwd R btwn ptr's feet, sd & fwd L to Half-Opn (*Fwd R trng RF, sd & bk L, sd & fwd R to L-Half-Opn*) ;

10 { **Waltz Feather 123** } Thru R, fwd L, fwd R CBJO (*Thru L, sd & bk R, bk L CBJO*) ;

11-12 { **Telespin to SCP 123& 456** } Fwd L DLC, fwd & sd R trng LF, sd & bk L with partial weight ptg toe while trng body LF leading ptr nearly to CP; fwd L, fwd & sd R trng LF, sd & fwd L SCP DLW (*Bk R, heel trn on R as cl L to R trng LF, sd & fwd R in tight SCP/stp L & quickly swivel LF to end w/R toe pointing bk; bk R, toe-pivot on R as cl L, sd & fwd R in SCP*) ;

13-14 THRU OUTSIDE CK ; & CURL TO FC ;

13 { **Thru to Outside Check 123** } Thru R, sd & fwd L, ck fwd R in BJO as shape twd ptr (*Thru L, fwd & sd R, ck bk L as shape twd ptr*) ;

14 { **& Curl 45-** } Slowly lead ptr to stp fwd, cont. to lead ptr's Curl as swvl 3/8 RF on R shaping twd ptr pt L sd & bk twd LOD release hnds (*Fwd R, Curl LF on R, as shape twd ptr prepared to stp thru on L twd LOD*) ;

A Repeat

1 - 4 THRU HOVER-TURN ; FWD RONDE-TRN ; SLOW OPN CNTRA CHECK & EXTEND ; ;

5 - 8 CHASSE (SCP DLC) ; WEAVE (BJO) ; ; MANEUVER ;

9 - 12 OVERSPIN ; RONDE FALWY ; SIDE DRAW (BFLY-SCAR) ; X HVR (BJO) ;

13 - 16 X RONDE (SCAR) ; X HVR (BJO) ; SLO X-CHECK ; BK HVR SCP (DLW) ;

17 - 18 OPEN NATURAL ; HESITATION CHANGE (DLC) ;

B Repeat

1 - 4 DBL REV ; OPN TELE ; RUNNING FEATHER w/PIVOT ; TO RONDE w/LADY'S SWIRL ;

5 - 8 BK PASS'G CHG ; BACK CHASSE (BJO) ; DBL NATURAL ; OK CK'D NATRL ;

9 - 12 OPEN FINISH ; OPEN REVERSE ; BK TO THROWAWAY & EXTEND ; ;

13 - 16 CURL TO SKTRS ; FWD WALTZ ; SHADOW CHAIR ; WING ;

End

1 - 4 FALWY REV & SLIP ; OPN TELE ; RIPPLE CHASSE ; THRU CHG-PT & CARESS ;

1 { **Fallaway Reverse & Slip 12&3** } Fwd L trng LF, sd & bk R bkg DLC/XLIB in falwy, trng LF slip R undr bdy to fc twd DLW (*Bk R trng LF, sd & bk L RSCP/XRIB in falwy, trng LF slip L fwd*) ;

2 { **Telemark to SCP 123** } Fwd L, fwd & sd R trng LF, sd & fwd L SCP DLW (*Bk R, heel trn as cl L, sd & fwd R*) ;

3 { **Ripple Chasse 12&3** } Thru R with R sway, sd L/cl R, sd & fwd L remove sway (*Thru L with L sway, sd R/cl L, sd R remove sway*) ;

4 { **Thru Change-Point & Caress 45-** } Thru R with lift, cl L on ball-of-foot & lower [release L hold retain R hold] shaping upper body to left while looking at ptr as press R twd RLOD extending L hnd up & out, - (*Thru L with lift, cl R on ball-of-foot & lower [release R hold retain L hold] shape & look at ptr as press L twd RLOD at same time Caress his cheek with R hand then place on his left shoulder,-*)

5 - 6 Fade out ; ;