

# Sunrise Sunset

**Choreo:** Casey & Sharon Parker, 11168 Loduca Dr, Manteca, Ca. 95336  
**Music:** CD Let's Dance, Vol. 1: Invitation To Dance Party or download itunes  
**Song:** Sunrise Sunset  
**Footwork:** Opposite, Unless noted (W's footwork in parenthesis)  
**Rhythm:** Waltz **Phase:** IV - easy  
**Sequence:** Intro – A – A – B – B – B (1-15) End

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**Artist:** Columbia Ballroom Orchestra  
**Speed:** as downloaded  
**Length:** 2:58  
**Released:** March, 2010

## Intro

### **1 – 4 op fcg dlw lead hnds jnd lead ft free Wait 2 meas;; Tog Tch cp dlw; Box Fin dlc;**

- 1-4 op fcg ptr M fcg dlw lead hnds jnd lead ft free Wait 2 mea;; Fwd L to cp dlw (W Fwd R to cp), Tch R, -; Bk R trng 1/4 Lf to dlc, Sd L, Cls R;

## Part A

### **1 – 8 2 Lf Trns;; Hover Scp; Nat Fallaway; Slip Pivot; Fwd Fwd/Lk Fwd; Manu; Imp Scp;**

- 1-4 Fwd L commence LF trn, cont trn Sd R, Cls L; cont trn Bk R, cont trn Sd L to cp wall, Cls R; Fwd L, Fwd & Sd R rising, Rec L to scp dlw; Fwd R with slight RF body trn, Fwd L trng RF with rise to fc drw, Rec Bk R;
- 5-8 Bk L, commence LF trn Bk R slip W to bjo dlw (commence LF trn slip Fwd L to bjo dlw), Fwd L; Fwd R, Fwd L/Lk R, Fwd L; Fwd R trng RF to cp rld, Sd L, Cls R; Commence strong RF trn Bk L, Cls R heel trn cont RF trn (Sd & Fwd L around M), Fwd L scp dlc (cont RF trn Fwd scp dlc);

### **9 – 16 Weave 6;; Fwd Develope; Slow Outsd Swivel; Thru Chasse Bjo; Manu; Spin Trn; Box Fin;**

- 9-12 Fwd R, Fwd L commence LF trn, cont trn Sd & Bk R to fc drc (Fwd L commence LF trn, cont trn Sd & Bk R, cont trn Sd & Fwd L); Bk L lod, Bk R cont LF trn, Sd & Fwd L dlw bjo (Fwd R outside partner, cont trn Fwd L, Sd & Bk R bjo dlw); Fwd R checking motion, - , - (Bk L, bring R ft up L leg to inside of L knee, extend R ft fwd); Bk L, cross R in front of L with no weight, - (Fwd R, Swivel RF to scp dlw, - );
- 13-16 Thru R trng to fc, Sd L/Cls R, Sd L to bjo dlw; Fwd R trng RF to cp rld, Sd L, Cls R; commence RF trn Bk L pivoting RF 1/2 to fc lod, Fwd R cont trn, Rec Sd & Bk L cp dlw; Bk R trng 1/4 Lf to dlc, Sd L, Cls R;

## Part B

### **1 – 8 Diamond Trn;;; Telemark Scp; Thru Chasse Scp; Fwd Hover Bjo; Bk Hover Scp;**

- 1-4 Fwd L trng LF, cont trn Sd R, Bk L bjo drc; Bk R cont LF trn, Sd L cont trn, Fwd R bjo drw; Fwd L cont LF trn, Sd R cont trn, Bk L bjo dlw; Bk R cont LF trn, Sd L cont trn, Fwd R bjo dlc;
- 5-8 Fwd L commence LF trn, Sd R cont trn (lady Heel trn), Sd & Fwd L to scp dlw; Thru R twd lod, to Sd L/Cls R, Sd L to scp; Fwd R, Fwd L with rise trng W to bjo (Fwd R with rise and trng LF to bjo), rec Bk R; Bk L, Bk R with rise trn W to scp (Fwd L with rise and trng RF to scp), rec Fwd L;

### **9 – 12 Thru Sd Bhd; Roll 3; Lunge Thru Rec Sd; to rld Thru Sd Bhd;**

- 9-12 Thru R to fc, Sd L, XRIB (XLIB); solo roll twd lod trng LF (W RF) Sd & Fwd L, Sd & Bk R, Sd L to bfly wall; Lunge Thru R twd lod, Rec L to fc, Sd R twd rld; Thru L twd rld, Sd R to fc, XLIB (XRIB);

### **13–16 Roll 3; Lunge Thru Rec Sd; Thru Chasse scp; Pickup cp dlc;**

- 13-16 solo roll twd rld trng RF (W LF) Sd & Fwd R, Sd & Bk L, Sd R to bfly wall; Lunge Thru L twd rld, Rec R to fc, Sd L twd lod; Thru R twd lod, to fc Sd L/Cls R, Sd L to scp; Thru R picking up W to cp lod, Sd L to cp dlc, Cls R;

## Ending

### **1 – 2 Thru Fc Cls; Dip Bk & Hold;**

- 1-2 Thru R to fc, Sd L, Cls R; Dip Bk L & Hold [leg crawl optional];