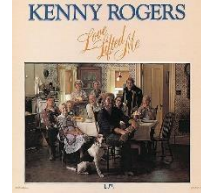




Heavenly Sunshine



Choreographer: Jim & Kathie Kline, 207 N. Mason Street, Smithfield, VA 23430

Email: jim@kallingkline.com; **Released:** October 2018

Artist: Kenny Rogers, **Time:** 2:45; **Speed:** 100%

Album: Love Lifted Me, Track 9 (1975)

Download & Preview: https://www.amazon.com/Love-Lifted-Me-Kenny-Rogers/dp/B000T1CUBC/ref=ntt_mus_dp_dpt_2

Rhythm: Foxtrot; Phase IV+2 (Natural Weave, Check & Weave); **Difficulty:** Average

Footwork: Opposite unless noted (Woman's footwork in parenthesis)

Sequence: INTRO, A, B, A, B (MOD), END

INTRODUCTION

1-4 (CP WALL) WAIT 2 ;; HOVER ; SLOW SIDE LOCK ;

1-2 {Wait} in CP fcg WALL wait 2 measures ;;

3-4 {Hover} fwd L,-, sd & fwd R w/ rise, rec L; {Manuever} fwd R trn RF,-, sd L continuing RF trn to fc RLOD, cl R;

PART A

1-4 REVERSE TURN ;; THREE STEP ; FORWARD & RUN 2 ;

1-2 {Reverse Turn} fwd L comm LF trn,-, sd R cont trn, bk L (W bk R comm LF trn,-, cl L to R cont trn on R heel, fwd R) to CP RLOD; cont trng bk R,-, sd & fwd L, fwd R (W fwd Lcont trng LF,-, sd R, bk L) to BJO DLW;

3-4 {Three Step} fwd L,-, fwd R, fwd L blndg to CP LOD; {Forward Run 2} fwd R,-, fwd L, fwd R;

5-8 2 LEFT TURNS ;; HOVER ; SLOW SIDE LOCK ;

5-6 {2 Left Turns} fwd L trng 3/8 LF, -, sd R, cl L; bk R tng 3/8 LF to CP WALL, -, sd L, cl R;

7-8 {Hover} fwd L,-, sd & fwd R w/slight rise, rec L; {Slow Side Lock} thru R,-, sd & fwd L trng bdy LF, XRIB (W thru L comm LF trn,-, sd & bk R cont LF trn to fc M, XLIF) to CP DLC;

9-12 REVERSE WAVE ;; BACK FEATHER ; BACK THREE STEP ;

5-6 {Reverse Wave} fwd L trng 3/8 LF,-, sd R, bk L diag; bk R,-, bk L curving to fc RLOD, bk R (bk R comm 3/8 LF trn,-, cl L to R for heel trn, fwd R diag; fwd L,-, fwd R, fwd L curving to fc LOD) to CP RLOD;

7-8 {Back Feather} bk L,-, bk R with R shldr ld, bk L to BJO DRW; {Back 3 Step} bk R,-, bk L, bk R;

13-14 WEAVE ENDING ; HOVER TELEMAR (SCP) ; PROMENADE WEAVE ;;

13-14 {Weave Ending} bk L, bk R trng LF to CP, sd & fwd L, fwd R BJO DLW (W fwd R, fwd L trng LF, sd & bk R, bk L); {Hover Telemark} fwd L,-, with rise sd & fwd R trng RF, fwd L (W bk R,-, with rise bk & sd L trng RF, fwd R) to SCP LOD;

15-16 {Promenade Weave} fwd R, -, fwd L trng LF to CP, sd & bk R to fc BJO DRC (W fwd L, -, sd & bk R trng LF to CP, cont trng sd & fwd L to BJO): bk L, bk R trng LF to CP, sd & fwd L, fwd R BJO DLW (W fwd R, fwd L trng LF, sd & bk R, bk L);

17 CHANGE OF DIRECTION ;

17 {Change of Direction} fwd L, -, fwd R trng LF, draw L to R CP DLC;

PART B

1-4 DIAMOND TURN ;;;

1-2 {Begin Diamond Turn} fwd L to bjo DLC,-, sd R cont lf trn, bk L to fc DRC; bk R trng lf,-, sd L cont trn, fwd R BJO;

3-4 {Finish Diamond Turn} fwd L trng lf,-, sd R cont trn, bk L to BJO DLW; bk R, -, sd L cont trn, fwd R to BJO DLC;

5-8 TELEMARK (SCP) ; NATURAL WEAVE ;; CHANGE OF DIRECTION ;

5-6 {Telemark} fwd L comm LF trn,-, sd R cont LF trn, sd & fwd L (W bk R comm LF trn clsng R foot to L,-, trn LF on R heel & chng wt to L, sd & fwd R) to SCP DLW; {Begin Natural Weave} comm RF upper bdy trn fwd R,-, sd L acrs LOD, cont RF trn bk R ldng ptr to step outside to BJO pos;

7-8 {End Natural Weave} bk L, bk R trng LF to CP, sd & fwd L, fwd R BJO DLW (W fwd R, fwd L trng LF, sd & bk R, bk L); {Change of Direction} fwd L, -, fwd R trng LF, draw L to R CP DLC;

9-12 DIAMOND TURN ;;;

9-10 {Begin Diamond Turn} fwd L to bjo DLC,-, sd R cont lf trn, bk L to fc DRC; bk R trng lf,-, sd L cont trn, fwd R BJO;

11-12 {Finish Diamond Turn} fwd L trng lf,-, sd R cont trn, bk L to BJO DLW; bk R, -, sd L cont trn, fwd R to BJO DLC;

13-16 REVERSE WAVE 1/2 ; CHECK & WEAVE ;; HOVER TELEMARK (SCP) ;

13-14 {Reverse Wave 1/2} fwd L trng LF,-, fwd R trng LF to CP DRC, bk L (W bk R comm LF trn,-, cl L to R for heel trn, fwd R); {Begin Check & Weave} slip bk R with contra action,-, fwd L comm LF 1/8 trn, bk R trng 1/8 LF trn (W slip fwd L,-, bk R comm 1/8 LF trn, sd L trng 1/8 LF) to BJO;

15-16 bk L, bk R trng 1/8 LF, sd & fwd L trng 1/8 LF, fwd R to BJO (fwd R, fwd L trng 1/8 LF, sd & bk R trng 1/8 LF, bk L to BJO); {Hover Telemark} fwd L,-, with rise sd & fwd R trng RF, fwd L (W bk R,-, with rise bk & sd L trng RF, fwd R) to SCP LOD;

17 SLOW SIDE LOCK ;

17 {Slow Side Lock} thru R,-, sd & fwd L trng bdy LF, XRIB (W thru L comm LF trn,-, sd & bk R cont LF trn to fc M, XLIF) to CP DLC;

REPEAT PART A

PART B (MODIFIED)

1-4 DIAMOND TURN ;;;

1-2 {Begin Diamond Turn} fwd L to bjo DLC,-, sd R cont lf trn, bk L to fc DRC; bk R trng lf,-, sd L cont trn, fwd R BJO;

3-4 {Finish Diamond Turn} fwd L trng lf,-, sd R cont trn, bk L to BJO DLW; bk R, -, sd L cont trn, fwd R to BJO DLC;

5-8 TELEMARK (SCP) ; NATURAL WEAVE ;; CHANGE OF DIRECTION ;

5-6 {Telemark} fwd L comm LF trn,-, sd R cont LF trn, sd & fwd L (W bk R comm LF trn clsng R foot to L,-, trn LF on R heel & chng wt to L, sd & fwd R) to SCP DLW; {Begin Natural Weave} comm RF upper bdy trn fwd R,-, sd L acrs LOD, cont RF trn bk R ldng ptr to step outside to BJO pos;

7-8 {End Natural Weave} bk L, bk R trng LF to CP, sd & fwd L, fwd R BJO DLW (W fwd R, fwd L trng LF, sd & bk R, bk L); {Change of Direction} fwd L, -, fwd R trng LF, draw L to R CP DLC;

9-12 DIAMOND TURN ;;;;

- 9-10 {Begin Diamond Turn} fwd L to bjo DLC,-, sd R cont lf trn, bk L to fc DRC; bk R trng lf,-, sd L cont trn, fwd R BJO;
- 11-12 {Finish Diamond Turn} fwd L trng lf,-, sd R cont trn, bk L to BJO DLW; bk R, -, sd L cont trn, fwd R to BJO DLC;

13-16 REVERSE WAVE 1/2 ; CHECK & WEAWE ;; CHANGE OF DIRECTION ;

- 13-14 {Reverse Wave 1/2} fwd L trng LF,-, fwd R trng LF to CP DRC, bk L (W bk R comm LF trn,-, cl L to R for heel trn, fwd R); {Begin Check & Weave} slip bk R with contra action,-, fwd L comm LF 1/8 trn, bk R trng 1/8 LF trn (W slip fwd L,-, bk R comm 1/8 LF trn, sd L trng 1/8 LF) to BJO;
- 15-16 bk L, bk R trng 1/8 LF, sd & fwd L trng 1/8 LF, fwd R to BJO (fwd R, fwd L trng 1/8 LF, sd & bk R trng 1/8 LF, bk L to BJO); {Change of Direction} fwd L, -, fwd R trng LF, draw L to R CP DLC;

ENDING

1-4 DIAMOND TURN ;;;;

- 1-2 {Begin Diamond Turn} fwd L to bjo DLC,-, sd R cont lf trn, bk L to fc DRC; bk R trng lf,-, sd L cont trn, fwd R BJO;
- 3-4 {Finish Diamond Turn} fwd L trng lf,-, sd R cont trn, bk L to BJO DLW; bk R, -, sd L cont trn, fwd R to BJO DLC;

5-8 2 LEFT TRNS ;; WHISK ; MANUEVER ;

- 5-6 {2 Left Turns} fwd L trng 3/8 LF, -, sd R, cl L; bk R tng 3/8 LF to CP WALL, -, sd L, cl R;
- 7-8 {Whisk} fwd L,-, fwd & sd R rise, XLIB (W XRIB) rise on toes to SCP; {Manuever} fwd R trn RF,-, sd L continuing RF trn to fc RLOD, cl R;

9-11 OVERSPIN TURN ; BACK 1/2 BOX ; DIP BACK & HOLD ;

- 9-10 {Overspin Turn} bk L pvtg RF 3/4,-, fwd R, sd & bk L; {Back Half Box} bk R,-, sd L, cl R;
- 11 {Dip Back} bk L leaving R leg extended & hold,-,-;

Heavenly Sunshine

Jim & Kathie Kline; October 2018

Kenny Rogers; Love Lifted Me, Track 9 (1975)

Foxtrot; Phase IV+2 (Natural Weave, Check & Weave)

Sequence: INTRO, A, B, A, B (MOD), END

INTRODUCTION

1-2___(CP WALL) WAIT 2 ;;

3-4___HOVER ; SLOW SD LK ;

PART A

1-4___REV TRN ;; 3 STEP ; FWD & RUN 2 ;

5-9___2 LF TRNS ;; HOVER ; SLOW SD LK ;

9-10___REV WAVE (CP RLOD) ;;

11-12___BK FEATH ; BK 3 STP ;

13-14___WEAVE ENDG ; HOVER TELE (SCP) ;

15-16___PROMENADE WEAVE ;;

17 ___CHG DIR ;

PART B

1-4___DIAMOND TURN ;;;;

5-8___TELE (SCP) ; NAT WEAVE ;; CHG DIR ;

9-12___DIAMOND TURN ;;;;

13-15___REV WAVE 1/2 ; CHK & WEAVE ;;

16-17___HOVER TELE (SCP) ; SLOW SD LK ;

PART A

1-4___REV TRN ;; 3 STEP ; FWD & RUN 2 ;

5-9___2 LF TRNS ;; HOVER ; SLOW SD LK ;

9-10___REV WAVE (CP RLOD) ;;

11-12___BK FEATH ; BK 3 STP ;

13-14___WEAVE ENDG ; HOVER TELE (SCP) ;

15-16___PROMENADE WEAVE ;;

17 ___CHG DIR ;

PART B (MODIFIED)

1-4___DIAMOND TURN ;;;;

5-8___TELE (SCP) ; NAT WEAVE ;; CHG DIR ;

9-12___DIAMOND TURN ;;;;

13-15___REV WAVE 1/2 ; CHK & WEAVE ;;

16 ___CHG DIR ;

END

1-4___DIAMOND TURN ;;;;

5-8___2 LF TRNS ;; WHISK ; MANUV ;

9-11___OVERSPIN TRN ; BK 1/2 BOX ; DIP BK & HOLD ;