

SUNSHINE, LOLLIPOPS AND RAINBOWS

Choreographers: TJ & Bruce Chadd		
Phone: (208) 887-1271		
Email: TJChadd@gmail.com		Website: www.dancingchadds.com
Music: "Sunshine, Lollipops and Rainbows"		Artist: Lenka
CD/Music Source: <i>Recover</i> / single download from Amazon.com		
Rhythm: 2-Step	Phase: II + 1 [Change Point at the end]	Degree of Difficulty: Average
Original Length of Music: 2:47	Music Modifications: Slow tempo by 3.33% or to 43.5rpm	
Release Date: November 2021		
Sequence: Intro ABC B D ABC B ^{mod} End <i>Optional cues noted in []</i>		Footwork: Opposite for Lady unless otherwise noted in ()

INTRODUCTION (8 Measures)

	BFLY fcg WALL / Lead ft are free / Wait 2 meas
1-8	WAIT; WAIT; APT PT; TOG BFLY & TCH; BBALL TRN BFLY;; TW/VN 2 SCP; WK & PU;
1-2	{Wait; Wait} In BFLY man fcg WALL and woman fcg man lead ft are free – Wait 2 measures
3	{Apt Pt} Apt L, -, pt R twd ptr, -;
4	{Tog BFLY & Tch} Tog R to BFLY WALL, -; tch L to R, -;
5-6	{Bball Trn BFLY} BFLY fcg WALL sd L and ck trng 1/4 RF, -, rec on R cont RF trn to end fcg RLOD, -; fwd L and ck trng 1/4 RF, -, rec on R cont RF trn to end fcg WALL in BFLY, -;
7	{Tw/Vn 2 SCP} BFLY fcg WALL with man's L and woman's R hand joined sd L, -, XRib of L trng to SCP fcg LOD, -; (Sd and fwd R trng 1/2 RF under joined hands, -, sd and bk L cont trng RF to SCP fcg LOD, -;)
8	{Wk & PU} SCP fcg LOD fwd L, -, fwd R with LF upper body rotation to guide woman to CP LOD, -; (Fwd R, -, fwd L trng LF to fc ptr in CP, -;

PART A (8 Measures)

1-8	PROG SCIS 2X [BJO];; FWD HITCH; HITCH SCIS TO FC; SD CL 2X; SD & THRU TO FC; SLOW TWSTY VIN 4 TO CP[W];;
1-2	{Prog Scis 2X BJO} CP fcg LOD sd L, with slight RF body rotation cl R, fwd L Xif to SCAR, -; sd R, with slight LF body rotation cl L, fwd R Xif to BJO, -;
3	{Fwd Hitch} BJO fcg LOD and staying in BJO fwd L, cl R, bk L, -;
4	{Hitch Scis to Fc} BJO fcg LOD bk L, cl R, fwd L trng to fc WALL BFLY, -; (Fwd L trng 1/4 RF, cl R, XLif trng to fc ptr in BFLY, -;)
5	{Sd Cl 2X} BFLY fcg WALL sd L, cl R, sd L, cl R;
6	{Sd & Thru to Fc} BFLY fcg WALL sd L, -, fwd R Xif to fc ptr in BFLY, -;
7-8	{Slow Twisty Vin 4} BFLY fcg WALL comm slight RF upper body trn sd & bk L, -, XRib of L, -; comm slight LF upper body trn sd & fwd L, -, XRif of L to CP in slight BJO, -;

PART B (12 Measures)

1-8	L TRNG BOX 1/2 [COH];; BOX;; L TRNG BOX 1/2 [WALL];; BOX;;
1-2	{L Trng Box 1/2 COH} CP in slight BJO sd L to CPW, cl R, fwd L trn 1/4 LF to fc LOD, -; sd R, cl L, bk R trn 1/4 LF to fc COH in CP, -;
3-4	{BOX} CP fcg COH sd L, cl R, fwd L, -; sd R, cl L, bk R, -;
5-6	{L Trng Box 1/2 WALL} CP COH sd L, cl R, fwd L trn 1/4 LF to fc RLOD, -; sd R, cl L, bk R trn 1/4 LF to fc WALL, -;
7-8	{Box} CP fcg WALL sd L, cl R, fwd L, -; sd R, cl L, bk R, -;
9-12	BK HITCH; SCIS THRU TO FC; OP VIN 4;;
9	{Bk Hitch} CP fcg WALL bk L, cl R, fwd L, -;
10	{Scis Thru to Fc} CP fcg WALL sd R, cl L, XRif of L to CP fcg WALL, -;
11-12	{Op Vin 4} BFLY fcg WALL sd L twd LOD, -, XRib to slight LOP fcg RLOD, -; trng to fc ptr and WALL sd L twd LOD, -, XRif to fc LOD, -;

PART C (8 Measures)

1-8		LC ACROSS [LOP LOD]; FWD 2-STEP; DBL HITCH;; LC BK [OP LOD]; FWD 2-STEP BFLY; LUNGE SD & TWIST; BEH SD THRU CP[W];
	1	{Lc Across LOP LOD} Fcg LOD keeping joined lead hnds pass beh woman (woman passes in front of man) moving diag across LOD fwd L, cl R, fwd L to LOP fcg LOD, -;
	2	{Fwd 2-Step } LOP fcg LOD fwd R, cl L, fwd R, -;
	3-4	{Dbl Hitch} LOP fcg LOD fwd L, cl R, bk L, -; bk R, cl L, fwd R, -;
	5	{Lc Bk OP LOD} LOP fcg LOD join man's R and woman's L hnds pasgs beh woman (woman passes in front of man) movg diag bk across LOD fwd L, cl R, fwd L to OP fcg LOD, -;
	6	{Fwd 2-Step BFLY WALL} OP fcg LOD fwd R, cl L, fwd R trng to fc ptr and WALL in BFLY, -;
	7	{Lunge Sd & Twist} BFLY fcg WALL sd L twd LOD bendg knee and ckg motion, -, maintaing weight on L foot trn upper body slightly RF allowg weighted foot to swivel slightly (woman slight LF trn) to (both) look twd RLOD, -;
	8	{Beh Sd Thru CPW} BFLY both lookg slightly RLOD XRib of L, sd L, XRif of L to fc WALL in CP, -;

REPEAT PART B (12 Measures)**PART D (16 Measures)**

1-8		CIRCLE CHASE OP LOD;;; FWD HITCH; BK WK 2; BK HITCH; WK 2;
	1-4	{Circle Chase OP LOD} OP fcg LOD movg in a LF circular pattern fwd trn L, cl R, fwd trn L to tandem fcg COH with man in front of woman, -; fwd trn R, cl L, fwd trn R to sd by sd fcg RLOD with man on inside of circle, -; fwd trn L, cl R, fwd trn L to tandem with man beh woman fcg WALL, -; fwd trn R, cl L, fwd trn R to OP fcg LOD, -; (Woman also movg in a LF circular pattern fwd trn R, cl L, fwd trn R to tandem beh man fcg COH, -; fwd trn L, cl R, fwd trn L to sd by sd fcg RLOD with woman on outside of circle, -; fwd trn R, cl L, fwd trn R to tandem fcg WALL with woman in front of man, -; fwd trn L, cl R, fwd trn L to OP fcg LOD, -;)
	5	{Fwd Hitch} OP fcg LOD fwd L, cl R, bk L, -;
	6	{Bk Wk 2} OP fcg LOD bk R, -, bk L, -;
	7	{Bk Hitch} OP fcg LOD bk R, cl L, fwd R, -;
	8	{Wk 2} OP fcg LOD fwd L, -, fwd R, -;
9-15		CIRCLE CHASE TO OP LOD;;; FWD HITCH; BK WK 2; BK HITCH; WK & PU;
	9-15	Repeat Part D, Measures 1-7
	16	{Wk & PU LOD} OP fcg LOD fwd L, -, fwd R with LF upper body rotation to guide woman to CP LOD, -; (Fwd R, -, fwd L trng LF to fc ptr in CP, -;)

REPEAT PART A (8 Measures)**REPEAT PART B (12 Measures)****REPEAT PART C (8 Measures)****PART B^{mod} (14 Measures)**

1-8		L TRNG BOX 1/2 [COH];; BOX;; L TRNG BOX 1/2 [WALL];; BOX;;
	1-8	Repeat Part B, Measure 1-8
9-14		BK HITCH; SCIS THRU BFLY; OP VIN 4 OP [LOD];; FWD/LK FWD 2X BFLY;;
	9-12	Repeat Part B, Measures 9-12
	13	{Fwd/Lk Fwd} OP fcg LOD fwd L, XRib of L, fwd L, -;
	14	{Fwd/Lk Fwd BFLY} OP fcg LOD fwd R, XLib of R, fwd R trng to fc ptr and WALL in BFLY, -;

END (8 Measures)

1-8		FC TO FC & BK TO BK BFLY;; BBALL TRN BFLY;; TW/VN 2 SCP; WK & FC; STEP SD & HOLD; HOLD & CHG PT;
	1-2	{Fc to Fc & Bk to Bk BFLY} BFLY fcg WALL sd L, cl R, sd L trng 1/2 LF to a Bk to Bk Position, -; sd R, cl L, sd R trng 1/2 RF to BFLY fcg WALL, -;
	3-4	{BBall Trn BFLY} Repeat Introduction, Measures 5-6
	5	{Tw/Vn 2 SCP} Repeat Introduction, Measure 7
	6	{Wk & Fc CPW} SCP fcg LOD fwd L, -, fwd R trng to fc ptr and WALL in CP, -;
	7	{Step Sd & Hold} CP fcg WALL sd L, -, -, -;
	8	{Hold & Chg Pt} CP fcg WALL Hold, cl R to L, pt L, -;.

SUNSHINE, LOLLIPOPS AND RAINBOWS – Quick Cues

BFLY fcg WALL / Lead ft are free / Wait 2 meas

Intro: WAIT; WAIT; APT PT; TOG BFLY & TCH;
BBALL TRN BFLY;; TW/VN 2 SCP; WK & PU;

A: PROG SCIS 2X [BJO];; FWD HITCH; HITCH SCIS TO FC;
SD CL 2X; SD & THRU TO FC; SLOW TWSTY VIN 4;;

B: L TRNG BOX 1/2 [COH];; BOX;;
L TRNG BOX 1/2 [WALL];; BOX;;
BK HITCH; SCIS THRU TO FC; OP VIN 4;;

C: LC ACROSS [LOP LOD]; FWD 2-STEP; DBL HITCH;;
LC BK [OP LOD]; FWD 2-STEP BFLY; LUNGE SD & TWIST; BEH SD THRU CP[W];

B: L TRNG BOX 1/2 [COH];; BOX;;
L TRNG BOX 1/2 [WALL];; BOX;;
BK HITCH; SCIS THRU TO FC; OP VIN 4;;

D: CIRCLE CHASE OP LOD;;;;
FWD HITCH; BK WK 2; BK HITCH; WK 2;
CIRCLE CHASE OP LOD;;;;
FWD HITCH; BK WK 2; BK HITCH; WK & PU;

A: PROG SCIS 2X [BJO];; FWD HITCH; HITCH SCIS TO FC;
SD CL 2X; SD & THRU TO FC; SLOW TWSTY VIN 4;;

B: L TRNG BOX 1/2 [COH];; BOX;;
L TRNG BOX 1/2 [WALL];; BOX;;
BK HITCH; SCIS THRU TO FC; OP VIN 4;;

C: LC ACROSS [LOP LOD]; FWD 2-STEP; DBL HITCH;;
LC BK [OP LOD]; FWD 2-STEP BFLY; LUNGE SD & TWIST; BEH SD THRU CP[W];

B^{mod}: L TRNG BOX 1/2 [COH];; BOX;;
L TRNG BOX 1/2 [WALL];; BOX;;
BK HITCH; SCIS THRU TO FC; OP VIN 4 to OP [LOD];;
FWD/LK FWD 2X BFLY;;

End: FC TO FC & BK TO BK BFLY;; BBALL TRN BFLY;;
TW/VN 2 SCP; WK & FC; STEP SD & HOLD; HOLD & CHG PT;