



READY FOR SUNSHINE

Page 1 of 2

April 95

CHOREO	:	Annette and Frank Woodruff , rue du Camp, 87, B7034 Mons, Belgium, tel 32-65-731940,annetteandfrank@gmail.com
RECORD	:	CEM 37026, Ready for Sunshine, Al Russ Orchestra (flip Satin Smooth)
FOOTWORK	:	Opposite except where indicated (Lady's instructions between brackets)
RHYTHM	:	Quickstep, RAL Phase V + 1 [V-6] (Easier than rating indicates)
SEQUENCE	:	Intro-AB-AB-A(1-14)-Ending Time 2'45" @ speed 45

MEAS

INTRODUCTION

1 - 4 WAIT;; APT PT; P.U.TCH;

OP FCG DLW wait;; apt L,-, pt R twds ptr,-; fwd R (W fwd L to pick up),-,
tch L,-;

PART A

1 - 4 QUARTER TURNS AND PROGRESSIVE CHASSE TO A MANUVER;;;;

Fwd L,-, fwd R trng RF fc WALL,-; sd L, cl R, sd & bk L w/ slight
Rf trn,-; bk R w/ slight LF trn,-, sd L, cl R; sd & fwd L trng LF
to BJO,-, fwd R trng RF to DRW,-;

5 - 9 SPIN OVERTURN TO V-6 & FWD LK FWD;;;;;

Bk L pvtg 1/2 RF, -, fwd R on heel cont RF pvt & rise to toe (W
bk L & brush R), -; bk L cont RF pvt to fc DRW, -, bk R to C/BJO,
lk LIF; bk R, -, bk L,-; bk R to CP startg LF trn, sd L compl 1/4
LF trn, fwd R to BJO DW, -; fwd L, lk RIB, fwd L, -;

10-13 MANUVER SIDE CLOSE; IMPETUS TO SEMI ~ THRU CHASSE TO BJO;;;;

Fwd R trng RF, -, sd L cont RF trn to CP RLOD, cl R; bk L trng RF
for heel trn, -, cont trng RF on L cl R, -; fwd L to SCP LOD, -,
thru R, -; trng RF to fc ptr sd L,cl R, sd & fwd L to BJO LOD, -;

14-16 MANUVER SIDE CLOSE; SPIN TURN & STEP BK;;;

Fwd R trng RF, -, sd L cont RF trn to CP RLOD, cl R; bk L pivtg
RF 1/2,-, fwd R on heel cont RF trn rise to toe (W bk L & brush
R), -; bk L to fc DW, -, bk R, -;

PART B

1 - 4 6 QUICK TWINKLE ~ WALK 2 ~ FWD LK FWD ~ CHECK;;;;;

Sd L, cl R trng slightly LF, bk L to BJO DC, cl R trng slightly
RF to CP LOD; fwd L to BJO DW, lk RIB, fwd L, -; fwd R, -, fwd L,
lk RIB; fwd L, -, fwd R trng RF checkg to BJO DC, -;

5 - 8 FISHTAIL; 6 QUICK TWINKLE ~ WALK & MANUVER SIDE CLOSE;;;;

XLIB, sd R trng slightly RF to CP LOD, fwd L to BJO LOD, lk RIB;
sd L trng slightly LF to CP LOD, cl R trng slightly LF, bk L to
BJO DC, cl R trng slightly RF to CP LOD; fwd L to BJO DW, lk RIB,
fwd L, -; fwd R trng RF, -, sd L cont RF trn to CP RLOD, cl R;

9 -13 PIVOT 1/2; WALK 2; TELEMARK TO SEMI ~ THRU CHASSE TO BJO;;;;

Bk L pvtg 1/4 RF, -, fwd R pvtg 1/4 RF to LOD,-; fwd L, -, fwd R,
-; fwd L trng LF (W bk R for heel trn), -, sd & fwd R arnd W (W
cont trng on R heel cl L), -; fwd L to SCP DW, -, thru R, -; sd L
trng to fc ptr, cl R, sd & fwd L to BJO LOD, -;

14-16 MANUVER SIDE CLOSE; PIVOT 1/2; DIP BK & REC;

Fwd R trng RF, -, sd L cont RF trn to CP RLOD, cl R; bk L pvtg
1/4 RF, fwd R pivtg 1/4 RF to LOD, -; dip bk L, -, rec R,-;

ENDING

1-2 PIVOT 2; APT/PT ;

Bk L pvtg RF, -, fwd R pvtg RF to DW, -; qk apt L leavg R leg
extd & R ft ptd twds ptr ;

READY FOR SUNSHINE - WOODRUFF – QS V+1 – 2:45 – AL RUSS

INTRO (4 meas)

OP-FCG DLW wait 2 ;; Apart Point ; Pick Up & Touch ;

PART A (16 meas)

¼ Turn & Progr Chasse to a Maneuver ;;;;

Spin Overturn to a V6 & Fwd Lock Fwd ;;;;

Maneuver Sd Cl ; Impetus to SCP ~ Thru Chasse to BJO ;;;

Maneuver Sd Cl ; Spin Turn & Step Bk ;;

PART B (16 meas)

6 Qk Twinkle ~ Walk 2 ~ Fwd Lk Fwd ~ Check ;;;;

Fishtail ; 6 Qk Twinkle ~ Walk & Maneuver Sd Cl ;;;

Pivot ½ ; Walk 2 ; Telemark to SCP ~ Thru Chasse to BJO ;;;

Maneuver Sd Cl ; Pivot ½ ; Dip Bk & Rec ;

PART A (16 meas)

¼ Turn & Progr Chasse to a Maneuver ;;;;

Spin Overturn to a V6 & Fwd Lock Fwd ;;;;

Maneuver Sd Cl ; Impetus to SCP ~ Thru Chasse to BJO ;;;

Maneuver Sd Cl ; Spin Turn & Step Bk ;;

PART B (16 meas)

6 Qk Twinkle ~ Walk 2 ~ Fwd Lk Fwd ~ Check ;;;;

Fishtail ; 6 Qk Twinkle ~ Walk & Maneuver Sd Cl ;;;

Pivot ½ ; Walk 2 ; Telemark to SCP ~ Thru Chasse to BJO ;;;

Maneuver Sd Cl ; Pivot ½ ; Dip Bk & Rec ;

PART A (1-14)

¼ Turn & Progr Chasse to a Maneuver ;;;;

Spin Overturn to a V6 & Fwd Lock Fwd ;;;;

Maneuver Sd Cl ; Impetus to SCP ~ Thru Chasse to BJO ;;;

Maneuver Sd Cl ;

ENDING (2 meas)

Pivot 2 ; Qk Apart Point ;