

# Sunshine Prescription Jv V+0+2mod Degr. of D.: Difficult (because of speed and combination of glide, dbl glide & cont chasse)

Artist: Aden Foyer, 2:41, Album: Single:01 Sunshine Prescription; Choreo: Gabriele Langer (2023-11-19) suggested Speed: 92%-94%

Dank an Björn für den Musiktipp!

Sequence: Intro AB Interl Amod C Interl Amod Endg

**Intro** (Wait 2);; 4 Step Kicks;; (Scp) Dbl Rk; Throwawy; Chg L to R - w/ cont Chasse;;

(CP/Wall)

**Part A** Fallaway Rk; • Am Spin [both Spin\*];; Link Rk; • R Trng Fallaway;; R Trng Fallway - w/ Glide to Sd;;

(CP) Chg R to L (Hdsk); • Chg L to R to Tandem (LOD);; Catapult; • Shldr Shove;; Chg L to R - w/ cont Chasse (CP);;

**Part B** Jv Wks; • 2 Pt Steps; • Throwawy; • Stop & Go;; • Chg L to R - w/ Glide - & Cont chasse;;;

(CP) American Spin; • Chg Hd Beh Bk;; Shldr Shove; • Chg R to L (RLOD);; Link to Whip Trn - (Half Op LOD);;

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**Interl\*** Mooch;;;;; R Trng Fallway - w/ Dbl Glide (to sd) - & Cont Chasse;;;

(Half Op)

**Amod** Fallaway Rk; • Am Spin (both Spin);; Shldr Shove; • Link Rk (COH);; R Trng Fallway - w/ Glide to Sd (Wall);;

(CP/COH) Fallwy Throwawy (Hdsk); • Chg L to R to Tandm (LOD);; Catapl; • Shldr Shv;; Chg L to R - w/ cont Chasse (CP);;

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**Part C** Fallaway Rk (Bfly); • Rk Rec; Travelg Sandstp -Twice;; Chasse L & R; Am Spin; • She go He go (COH);;

(CP) Basic Rk (Bfly); • Rk Rec; Travelg Sandstep -Twice;; Chasse L & R; Link Rk; • R Trng Fallaway (Half Op);;

**Repeat InterlA** (Mooch...)

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**End** Jv Wks; • Swivel 2; 2 Pt Stps; Throwawy; Stop & Go;; start Stop & go; Lunge/Sit & Hold,

(CP)

\* option: both spin

[alternative Intro: [(Scp) 4 pt steps, Swivel 4; ]

[R Trng Fallaway w/ dbl Glide to the Side] Start in CP Wall [start like a R Trng Fallaway]:

Trn to SCP LOD rk bk L, rec R trn to FC ptr, comm ½ RF trn sd L/cl R, sd L; Comp ½ RF trn to fc COH drifting apart a little keep lead hands joined low & trailhands out to side; [Dbl glide] (twd LOD:) Sd R, Cross L in Front, Sd R, Cross L in Front; [Cont Chasse] Sd R/Cl L, Sd R/Cl L, Sd R/Cl L, Sd R (blendig to CP);