

SUNFLOWER BOLERO

Choreographers: Takao & Setsuko Ito 4-2-43 Honcho Odawara-shi Kanagawa

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Music : "Love Theme from Sunflower" Download: Amazon.com

Album: Sunflower Soundtrack track 1 time 2:26 Speed : 50rpm

Artist: Henry Mancini

Rhythm : Bolero ph IV

Footwork : Opposite, directions for man(lady as noted) Date: DEC 2023 Ver.1.0

Sequence: Intro - A - B - C - A - B - Ending



Meas

INTRO

1~ 2 CP/Wall lead foot free for both Wait 1 Meas; Hip Rk 2S;

- 1 CP/Wall lead foot free for both Wait 1 meas;
SS 2 {Hip Rk 2S} Sd L hip roll LF,-, rec R hip roll RF,-;

Meas

PART A

1~ 8 Basic;; Spot Trn; OP Ronde XIB Sd(LOP/RLD); Thru Ronde & Hip Lift;
Rev Underarm Trn; Prep Aida; Aida Line w/Switch Rk;

- 1- 2 {Basic} Sd L body rise,-, bk R slip action, rec fwd L; Sd R body rise,-, fwd L slip action, rec bk R;
3 {Spot Trn} Sd L,-, XRIF of L comme LF trn, rec L cont LF trn fc partner and Wall;
4 {OP Ronde XIB Sd} Sd R blend OP Ronde L CCW(W CW),-, XLIB of R, sd & fwd R LOP/RLD;
5 {Thru Ronde & Hip Lift} Fwd L Ronde R CCW(W CW) swivel LF on L,-, blend CP/Wall tch R to L slight pressure on R foot lift hip, lower R hip;
6 {Rev Underarm Trn} Sd R body rise,-, small stp fwd L, rec bk R(W sd L,-, XRIF of L comme LF trn under lead hand, rec fwd L cont LF trn fc COH);
7 {Prep Aida} Sd & fwd L twd LOD slightly LF trn body rise trail hands straight up,-, thru R, sd L comme RF trn fc RLOD;
8 {Aida Line w/Switch Rk} Bk R to Aida Line,-, swivel LF on R sd L, rec R CP/Wall;

Meas

PART B

1~ 8 Trning Basic;; Underarm Trn; Lunge Break; R Pass fc Wall;
Serpiente;; Swivel Fc Fence Line w/Arm;

- 1- 2 {Trning Basic} Sd L body rise strong body RF trn,-, bk R slip action LF trn, cont LF trn rec fwd L fc COH; Sd R body rise,-, fwd L slip action, rec bk R;
3 {Underarm Trn} Sd L,-, small stp bk R, rec fwd L(W sd R,-, XLIF of R comme RF trn under lead hand, rec fwd R cont RF trn fc Wall);
4 {Lunge Break} Sd & fwd R body rise,-, lower on R slight RF body trn lead W bk extend L sd & bk, rise on R slight LF body trn to rec(W sd & bk L body rise,-, small stp bk R sit line, rec fwd L);
5 {R Pass} Fwd & sd L comme RF trn raise lead hands to create window,-, XRIB of L cont RF trn, sd L(W fwd R,-, fwd L comme LF trn, cont LF trn sd R under raised lead hands to fc partner) to Bfly/Wall;
6- 7 {Serpiente} Sd R body rise,-, XLIF of R, sd R; XLIB of R, fan CW R on L, XRIB of L, sd L(W sd L body rise,-, XRIF of L, sd L; XRIB of L, fan CCW L on R, XLIB of R, sd R);
8 {Swivel Fence Line w/Arm} XRIF of L swivel RF fc partner and Wall body rise,-, XLIF of R bent knee left arm circle CW(W CCW) in front of body, rec bk R;

Meas

PART C

1~ 8 OP Out Twice;; Cross Body fc COH; Shoulder to Shoulder Twice;;
Rev Underarm Trn; Cross Body fc Wall; Hip Rk 3(Bfly/Wall);

- 1- 2 {Opning Out} Double hands hold small stp sd L body rise and body rotate LF,-, lower on L and extend R foot to sd, rise on L body rotate in Bfly(W sd & bk R body rise and body rotate LF match partner,-, XLIB of R lowering, fwd R in Bfly);
Small stp sd R body rise and body rotate RF,-, lower on R and extend L foot to sd, rise on R body rotate in Bfly(W sd & bk L body rise and body rotate RF match partner,-, XRIB of L lowering, fwd L in Bfly);
3 {Cross Body} Sd & bk L LF trn body rise,-, bk R slip action, fwd L LF trn fc COH(W sd & fwd R body rise,-, fwd L crossing in front of man trning LF, small stp sd R);

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- 4- 5 {Shoulder to Shoulder Twice} Sd R body rise to Bfly/Scar,-, small stp fwd L, rec bk R; Sd L body rise to Bfly/Bjo,-, small stp fwd R, rec bk L;
6 {Rev Underarm Trn} Sd R body rise,-, small stp fwd L, rec bk R(W sd L,-, XRIF of L comme LF trn under lead hand, rec fwd L cont LF trn fc COH);
7 {Cross Body} Sd & bk L LF trn body rise,-, bk R slip action, fwd L LF trn fc Wall (W sd & fwd R body rise,-, fwd L crossing in front of man trning LF, small stp sd R);
8 {Hip Rk 3} Blend CP sd R hip roll RF,-, rec L hip roll LF, sd R hip roll RF;

Meas

ENDING

1~ 3+ OP Out Twice;; Cuddle Hip Rks 2S; Corte,

- 1- 2 Repeat meas 1-2 of Part C;;
SS 3 {Hip Rk 2S} Blend Cuddle position sd L hip roll LF,-, rec R hip roll RF,-;
S + {Corte} Sd & bk L flex knee,-,

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Rhythm : BOLERO ph IV

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PART A

1~ 8 Basic;; Spot Trn; OP Ronde XIB Sd(LOP/RLOD); Thru Ronde & Hip Lift;
Rev Underarm Trn; Prep Aida; Aida Line w/Switch Rk;

PART B

1~ 8 Trning Basic;; Underarm Trn; Lunge Break; R Pass fc Wall;
Serpiente;; Swivel Fc Fence Line w/Arm;

PART C

1~ 8 OP Out Twice;; Cross Body fc COH; Shoulder to Shoulder Twice;;
Rev Underarm Trn; Cross Body fc Wall; Hip Rk 3(Bfly/Wall);

PART A

1~ 8 Basic;; Spot Trn; OP Ronde XIB Sd(LOP/RLOD); Thru Ronde & Hip Lift;
Rev Underarm Trn; Prep Aida; Aida Line w/Switch Rk;

PART B

1~ 8 Trning Basic;; Underarm Trn; Lunge Break; R Pass fc Wall;
Serpiente;; Swivel Fc Fence Line w/Arm;

ENDING

1~ 3+ OP Out Twice;; Cuddle Hip Rks 2S; Corte,