

SUNFLOWER GOOD MORNING

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Record: Collectables 6367 "Sunflower" Vocal : Glen Campbell

Rhythm: Jive & Cha **Phase V1** (Rolling Off the Arm ; Curly Whip ; & Turkish Towel)

Footwork: Opposite except where noted (W in Parenthesis)

Sequence: Intro : A : B : A : B : A : C : End : **Speed** Slow for Comfort (Aprox.42-43)

Note : 1st & 3rd time thru Part A, the "Tripple Travel with Roll" progresses toward LOD ;
2nd time thru Part A the "Tripple Travel with Roll" progresses toward RLOD

Meas.

Intro

1 - 8 **Low CP : M Fcng Ctr : Wait 1meas ; Chasse Roll - B/fly ; ; Sailor Shuffles ;**

Chasse Roll - B/fly ; ; Sailor Shuffles ; Prog.Rk ;

1 - 4 Low CP Wait ; {Chasse Roll} Rk Bk L-SCP, Rec R-Fc, Sd L/CI R, Sd L turning RF - Bk-Bk pos;

Cont. RF Turn : Sd R/CI L, Sd R -B/fly, Sd L/CI R, Sd L;

{Sailor Shuffles} XRIB/Sd L, Sd R, XLIB/Sd R, Sd L;

5 - 8 {Chasse Roll} Rk Bk R-LOP, Rec L-Fc, Sd R/CI L, Sd R turning LF - Bk-Bk pos;

Cont. LF Turn : Sd L/CI R, Sd L -B/fly, Sd R/CI L, Sd R;

{Sailor Shuffles} XLIB/Sd R, Sd L, XRIB/Sd L, Sd R;

{Prog.Rk} Progressing RLOD Rk Apt L, Rec R, Rk Apt L, Rec R ;

Part A

1 - 6 **Link - Rt Hnd Star ; Tripple Travel with Roll > American Spin - Lt Hnd Star ; ; ; ;**

1 {Link} LOP Fcng : Rk Apt L, Rec R, Fwd L/CI R, Fwd L turning 1/ 8 RF - Rt Hnd Star Diag LOD&Ctr;

2 - 6 {Tripple Travel w/Roll} Prog.LOD : Sd R/CI L, Sd&Fwd R, Roll RF Fwd L, Fwd R - Lt Hnd Star ;

Sd L/CI R, Sd&Fwd L - Rt Hnd Star, Sd R/CI L, Sd&Fwd R - Lt Hnd Star;

Sd L/CI R, Sd&Fwd L - Rt Hnd Star, Roll LF Fwd R, Fwd L - LOP Fcng;

{Exit with an Anchor} Fwd R/CI L, Bk R, (W: Bk L/SIP R, SIP L.)

{American Spin} Hnd Shk : Rk Apt L, Rec R; Sd L/CI R, Sd L, Sd R/CI L, Sd R - Lt Hnd Star ;

(W: Rk Apt R, Rec L; Sd R/CI L, Sd R Spinning RF, Sd L/CI R, Sd L - Lt Hnd Star)

7 - 12 **Tripple Cha Bk ; ; Tripple Cha Fwd ; ; Chng Plc L - R & Sd, CI - Hnd Shk ; ; (3rd time - B/fly)**

7 - 10 {Tripple Cha Bk} Rk Fwd L, Rec R, Bk L/Lk RIF, Bk L; Bk R/Lk LIF, Bk R, Bk L/Lk RIF, Bk L;

{Tripple Cha Fwd} Rk Bk R: Rec L, Fwd R/Lk LIB, Fwd R; Fwd L/Lk RIB, Fwd L,

Fwd R/Lk LIB, Fwd R - LOP Fcng; (Note : Chng Stars at each Rk & Rec or Lk steps)

11 - 12 {Chng L-R & Sd, CL} Rk Apt L, Rec R, Sd L/CI R, Sd L turning 1/ 4 RF; Sd R/CI L, Sd R, Sd L, CI R;

(W: Fwd R/CI L, Fwd R turning LF under joined Lead Hnds to Fc M; Sd L/CI R, Sd L, Sd R, CI L.)

PART B

1 - 9 **Rolling Off The Arm ; ; She Go He Go > Chng Hnds B/hnd Bk ; ; Stop & Go ; ; Curly Whip ; ;**

1 - 2 {Roll off Arm} Hnd Shk : Apt L, Rec R, Fwd L/CI R, Fwd L turn 1/ 4 RF passing around W & extending free

arm; (W: Apt R, Rec L, Fwd R/CI L, Fwd R turn 1/ 4 LF to finish in the crook of the Ms Rt arm & extending

the free arm to rest on the Ms free arm.) [Note: at this point both M & W face the same direction]

Wheel Fwd R, L turning 1/ 2 RF, (W: Bk L, R,) SIP R/L, R turning 1/ 4 RF completing 1 full turn ;

(W: Roll RF L R, L out of the Ms arm turning 1/ 4 completing 1 full turn to end facng M)

3 - 5 {She Go he Go} Rk Apt L, Rec R, Fwd L/CI R passing W, Fwd L turning 1/4 RF; turning LF up to 3/4 under

joined Lead Hnds: Fwd R/L, R to end Fcng Ptr, (W: Apt R, Rec L, turning LF 1/4 under joined Lead Hnds:

Fwd R/L, R; continue turn another 1/4 LF; Bk L/R L to end Fcng Ptr.)

{Chng Hnds B/hnd Bk} Rk Apt L, Rec R, changing to a Hnd Shk Fwd L, CI R, Fwd L turning 1/4 LF and

changing W hand from his Rt to his Lt hand, continue turning LF to Fc Ptr: Sd R/CI L, Sd R;

(W: Apt R, Rec L; Fwd R/L, R turning 1/4 RF, continue turning RF Sd L/CI R, Sd L.)

6 - 7 {Stop & Go} Rk Apt L, Rec R, Fwd L/CI R, Fwd L leading W to turn LF under joined Hnds and catching

W with his Rt Hnd on her Lt Shld, Rk Fwd R, Rec L, Bk R/L, R leading W to turn RF under joined Hnds:

(W: Rk Apt R, Rec L, SIP R/L, R turning 1/ 2 LF under joined Hnds, Bk L, Rec R, SIP R, L turning

1/ 2 RF under joined hnds.)

8 - 9 {Curly Whip} Rk Fwd L, Rec R, commencing RF turn and leading W to turn LF under joined Hnds to loose

CP: Fwd&Sd L/CI R, Sd L; continue tight RF turn: XRIB, Sd L, Sd R/CI L, Sd R to complete one full turn,

(W: Rk Apt R, Rec L commencing LF turn, continue turning LF under joined Hnds: Fwd R/L, R turning LF

1/ 2 and blending to loose CP, turning RF : Sd L, XRIF, Sd L/CI R, Sd L.)

Part B cont.Meas.10 - 14 Spanish Arms>Windmill ::: Stop & Go :::

- 10 - 12 {**Spanish Arms**} B/fly : Rk Apt L, Rec R turning RF raising Lead Hnds and leading W to turn LF, Sd L/CI R, Sd L continuing RF turn; Sd R/CI L, Sd R to complete 1/2 turn over the figure.
(W: Rk Apt R, Rec L turning 1/4 LF and raising Lead Hnd above Head Height, Sd R/CI L, Sd R sharply turning 3/4 RF; Sd L/CI R, Sd L.)
{**Windmill**} Rk Apt L, Rec R; turning 1/4 LF : Fwd L/SIP R, SIP L, continue turning LF : Sd R/CI L, Sd R.
(W: Rk Apt R, Rec L turning 1/4 LF: continue turning another 1/4 LF: Sd R/CI L, Sd R, Sd L/CI R, Sd L.)
- 13 - 14 {**Stop & Go**} Rk Apt L, Rec R, Fwd L/CI R, Fwd L, Rk Fwd R, Rec L, small Bk R/CI L, Bk R;
(W: Rk Apt R, Rec L, SIP R/L, R turning 1/2 LF under joined Hnds; Rk Bk R, Rec L, SIP R/L, R turning 1/2 RF under joined Hnds to end Feng M.)

Part C1 - 8 B/fly: Sailor Shuffles; Twice - Hnd Shk; Turkish Towel;;; Lariat - B/fly; 1 Cucaracha;

- 1 - 2 {**Sailor Shuffles**} Repeat Meas 7 Intro ; Twice - Hnd Shk;
- 3 - 6 {**Turkish Towel**} Rk Fwd L, Rec R, Sd L/CI R, Sd L; Rk Bk R, Rec L, Sd R/CI L, Sd R to end in Varsouvienne Pos.in front of W & to her Rt side; Rk Bk L, Rec R, Sd L/CI R, Sd L now on Ws Lt side; Rk Bk R, Rec L, Sd R/CI L, Sd R now on Ws Rt side;
(W: Rk Bk R, Rec L, Sd & Fwd R/CI L, Fwd R; turning RF under joined Hnds<> XLIF, cont. turn Fwd R, Fwd L/ R, Fwd L around M to end in back of & to his Lt side joining Lt Hnds; Rk Fwd R, Rec L, Sd R/CI L, Sd R to the Ms Rt side; Rk Fwd L, Rec R, Sd L/CI R, Sd L to the Ms Lt side;)
- 7 - 8 {**Lariat**} Rk Bk L, Rec R, SIP L/R, L - B/fly; (W: Fwd R, Fwd L, Fwd R/L, R - B/fly)
{**Cucaracha**} Sd R, Rec L, SIP R/L, R;
- 9 - 12 OP Break; - Full Natural Top - Fc Wall :::
- 9 {**OP Brk**} LOP Feng : Rk Apt L extending free arm up with palm out, Rec R lowering free arm, Sd L/CI R, Sd L turning 1/4 RF to CP Feng RLOD;
- 10 - 12 {**Full Nat. Top**} XRIB turning RF, Sd L continuing turn, XRIB/Sd L continuing turn, XRIB continuing turn; Sd L continuing turn, XRIB continuing turn, Sd L/XRIB continuing turn, Sd L; XRIB continuing turn, Sd L continuing turn, XRIB/Sd L continuing turn, CI R; to complete 2 full turns & finish CP Wall;
(W: Sd L, XRIF, Sd L/XRIF, Sd L; XRIF, Sd L, XRIF/Sd L, XRIF: Sd L, XRIF, Sd L/XRIF, CI L;)

END1 - 5 1/2 Basic - B/jo; Tornillo Wheel;; 1 Cucaracha - B/fly; 1/2 Basic to a Wrap; & Pt ;

- 1 - 3 {**1/2 Basic**}Rk Fwd L, Rec R, Sd L/CI R, Sd L - B/jo;
{**Tornillo Wheel**} Moving around the rotating W; Fwd R, Fwd L, Fwd R/CI L, Fwd R; Fwd L, Fwd R, Fwd L/CI R, Fwd L to end in CP;
(W: bring Lt Foot up to Rt Knee looking well to the Left, rise and rotate on Rt Toe)
- 4 - 6 {**Cucaracha**} Repeat Meas.8 Part C - B/fly;
{**1/2 Basic-Wrap&Pt**} Rk Fwd L, Rec R maintaining joined hnds & leading W to turn LF under Lead Hnds, continuing to Lead W in LF turn : SIP L/R, L to end in Wrap Pos; Pt R & Hold;

SUNFLOWER GOOD MORNING JV~CH PH 6 Speed 42-43

(Rolling Off The Arm;Curly Whip & Turkish Towel)

INTRO : Low CP M Feng Ctr : Wait 1 meas: Chasse Roll-B/fly ;; Sailor Shuffles:
Chasse Roll-B/fly ;; Sailor Shuffles ; Prog.Rk ;

Part A

Link - Rt Hnd Star ; Tripple Travel W/Roll,
American Spin - Lt Hnd Star ;;;;
Tripple Cha Bk ;; Tripple Cha Fwd ;;
Chng Plc L-R & Sd, Cl - Hnd Shk ;;

Part B

Rolling of the Arm ;; She Go He Go , Chng Hnds B/hnd Bk ;;
Stop & Go ;; - Curley Whip ;; Spanish Arms, Wind Mill ;;; Stop & Go ;;

REPEAT

Part A

Link - Rt Hnd Star ; Tripple Travel W/Roll,
American Spin - Lt Hnd Star ;;;;
Tripple Cha Bk ;; Tripple Cha Fwd ;;
Chng Plc L-R & Sd, Cl - B/fly;;

Part C

Sailor Shuffles ; Twice - Hnd Shk ; Turkish Towel ;;;; Lariat - B/fly ; 1 Cucaracha ;
OP Break ; - Full Nat.Top - Fc Wall ;;; 1/2 Basic - B/jo ; Tornillo Wheel ;;

END

1 Cucaracha - B/fly ; 1/2 Basic - Wrap & Pt ;
