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Sunshine In Carlisle

Phrased, 80 Count, 2 Wall, Intermediate

Choreographer: Rep Ghazali-Meaney (Scotland) July 2013

Choreographed to: Let The Sun Shine by Milk & Sugar feat.
Gary Nesta (127bpm - iTunes and Amazon)

4 count intro. Sequence: A (Restart after count 28), B, AA, B, AAA, BB, A (20)

PART A:

01-08 R & L WALK FWD, R & L CHARLESTON'S, R HITCH ¼ TURN L-BACK R

1-2 walk forward Right, walk forward Left
3-6 touch Right forward, step back Right, touch back Left, step forward Left
7-8 hitch Right up making ¼ turn Left, step back Right (9)

09-16 L SIDE-TOG, L SHUFFLE FWD, ½ TURN L-HITCH R, ROCK BACK L-RECOVER R

1-2 step Left to Left side, step Right together
3&4 step forward Left, step Right together, step forward Left
5-6 ½ turn Left by stepping on Right, hitch up on Left (3)
7-8 rock back Left, recover on Right

17-24 L & R CROSS MAMBO, CROSS-¼ TURN L, L COASTER

1&2 cross Left over Right, rock Right to Right side, recover on Left
3&4 cross Right over Left, rock Left to Left side, recover on Right
5-6 cross Left over Right, ¼ turn Left by stepping on Right (12)
7&8 step back Left, step Right together, step forward Left

25-32 R & L HIPS BUMP FWD, R FWD-½ PIVOT X2

1&2 step forward Right bumping hips fwd, bump hips back, step forward Right
3&4 step forward Left bumping hips fwd, bump hips back, step forward Left

Restart: 1st wall

5-8 step forward Right, ½ pivot turn Left, step forward Right, ½ pivot turn Left (12)

PART B (Chorus):

01-08 R SIDE-L TOUCH, L SIDE-R TOUCH, R SIDE CHASSE, L ROCK BACK

1-4 step Right to Right side, touch Left together, step Left to Left side, touch Right together
(swing arms in the air to R & L)
5&6 step Right to Right side, step Left together, step Right to Right side
7-8 rock back Left, recover on Right

09-16 L ¼ TURN SHUFFLE BACK, R ¼ TURN CHASSE, L CROSS-R BACK, L & R SWAYS

1&2 ¼ turn Right by stepping back on Left, step Right together, step back on Left (3)
3&4 ¼ turn Right by stepping Right to Right side, step Left together, step Right to Right side (6)
5-8 cross Left over Right, step back Right, sway Left to Left, sway Right to Right

17-24 L SIDE-R TOUCH, R SIDE-L TOUCH, L SIDE CHASSE, R ROCK BACK

1-4 step Left to Left side, touch Right together, step Right to Right side, touch Left together
(swing arms in the air to L & R)
5&6 step Left to Left side, step Right together, step Left to Left side
7-8 rock back Right, recover Left

25-32 R ¼ TURN SHUFFLE BACK, L ¼ TURN CHASSE, R CROSS-L BACK, R & L SWAYS

1&2 ¼ turn Left by stepping back on Right, step Left together, step back Right (3)
3&4 ¼ turn Left by stepping Left to Left side, step Right together, step Left to Left side (12)
5-8 cross Right over Left, step back Left, sway Right to Right, sway Left to Left

33-40 R CROSS SHUFFLE, L ¼ TURN SHUFFLE, R FWD-L HITCH ½ TURN R, L SHUFFLE FWD

1&2 cross Right over Left, step Left to Left side, cross Right over Left
3&4 ¼ turn Left by stepping forward on Left, step Right together, step forward Left (9)
5-6 step forward Right, ½ turn Right by hitching up on Left (3)
7&8 step forward Left, step Right together, step forward Left

41-48 R FWD-¼ PIVOT, R FWD-½ PIVOT, R FWD MAMBO, L BACK MAMBO

1-4 step forward Right, ¼ pivot turn Left, step forward Right, ½ pivot turn Left (6)
5&6 rock forward Right, recover on Left, step back Right
7&8 rock back Left, recover on Right, step forward Left (6)

ENDING: Front wall Part A – dance up to count 16 then do Left jazz box ¼ turn Left to face the front wall.
