

SUNSHINE & WHISKEY

RELEASED: AUG 2024

CHOREO: Ilona & Stefan Lankuttis
ADDRESS: Igelweg 8, 65428 Ruesselsheim, Germany
PHONE: +49 - 6142-8339392
E-MAIL: Lankuttis-dance@web.de
MUSIC: Sunshine & Whiskey by Frankie Ballard, Itunes, 3:02 min cut at 2:45.5 played at original speed
[Frankie Ballard - "Sunshine Whiskey" \(Official Video\) \(youtube.com\) &](#)
RHYTHM: Westcoast Swing
PHASE (+): V+1(rock whip) +4 unph(prepare inside turn, rock & go, waist slide, sugar w/Lady inside out turn)
FOOTWORK: Opposite unless indicated (W's footwork in parentheses)
SEQUENCE: **INTRO, A, B, C, A 3-8, B, C, D, B, END**

MEAS. INTRODUCTION

- 1-4** **WAIT 2;; QUICK SWIVEL BACK TO BACK & TO FACE -TWICE;;**
In facing pos M face **RLOD** wait for *Everytime you kiss me it's like sunshine & whiskey*;;
Fwd L, trn RF to bk to bk lds hnd down trl hnds up by ear, fwd R, trn LF to fc trl hnds come
dwn [Lower on beats 1 & 3 & rise on beats 2 & 4];Repeat meas 3;
- 5-6** **PREP INSIDE TURN & KICKBALL CNG;;**
1 2 3&4 Bk L comm LF turn bring lead hands slightly in, bk R trng LF bring lead hands slightly out
5&6 lead ptr to trn LF under joined Lead hds, sd L/cl R fwd L(W fwd R slightly Xif of L, fwd L
slightly Xif of R; trng LF undr jnd ld hnds R/L, R, anchor L/R, L) anchor R/L, R -
7&8 Kick fwd L take weight on ball of that foot, replace weight on R;;fc **LOD**

PART A

- 1-4** **WHIP W/HAND CHANGE BEH BACK;;SUGAR PUSH w/LADY's INSIDE OUT TRN;;**
1 2 3&4 Bk L, fwd R across L begin RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L folding W's R
arm bhd her bk (W Fwd R, fwd L trng RF 1/2, bk R/cl L, fwd R CP) CP **RLOD** ;
5 6 7&8 Using R hnd take W's R hnd bhd her bk trng 1/2 RF XRib of L, fwd & sd L, bk to anchor
R/L, bk R Handshake (W Fwd L trng RF, fwd R complete 1 & 1/2 RF trn to fc M, bk to
anchor L/R, bk L LOP) **HANDSHAKE LOD** ;
1 2 - 4 Bk L, bk R, tap L slightly fwd of R raising joined R hnds to trn W LF Placing L hnd on W's L
shldr, fwd & sd L out of slot (W fwd R, fwd L comm 1/2 LF trn, tch R to L comp trn, fwd R) to
TANDEM LOD ;
5 6 7&8 Fwd R, fwd L ckg, anchor bk R/L, bk R (W fwd L comm RF trn under joined R hnds, fwd R
cont RF trn, comp 1-1/2 RF trn to fc M anchor bk L/R, bk L) join R hnds fc **LOD** ;
- 5-8** **STRAIGHT WHIP w/LADY's REV TWIRL (OPTIONAL);; SIDE WHIP;;**
1 2 3&4 Bk L, XRif of L trng RF to W's R while raising jnd L hnds and leaving jnd R hnds low, sm sd
& fwd L/ rec R trng RF, sd L to W's R sd (W Fwd R, fwd L, fwd R/cl L, bk R to tandem
slightly to R of M);
5 6 7&8 XRib of L trng RF raising jnd R hnds and keeping L hnds low allowing W to bk under R
hnds, fwd L cont RF to fc ptr, anchor R/L, R (W bk & sd L comm LF turn under R hnds, cont
trng LF fwd & turn R, anchor L/R bk L joining ld hnds);
1 2 3&4 Bk L, fwd R trng 1/4 RF to an L-Shaped Position placing R hnd on W's bk, pt L to sd without
wgt, hold (W Fwd R, fwd L trng RF 1/2, bk R/cl L, fwd R);
5 6 7&8 Hold rotating bdy slightly LF leading W to stp fwd, rec to pointed L foot trng 1/4 LF, small bk
to anchor R/L, bk R (W Fwd L, fwd R trng 1/2 LF to fc ptr, small bk to anchor L/R, bk L) fc
LOD ;

PART B

- 1-3 **LADY'S REVERSE ROCK WHIP;;;**
 1 2 3&4 Bk L, fwd R get off the track let go of R hnds as trn the W LF & catch W with R hnd on her bk, trn RF rk sd L/rec R, fwd & sd L cont RF trn to CP COH (W fwd R, fwd L trng LF, bk R/cl L, fwd R cont RF trn to CP COH);
 5 6 7 8 Trng RF strongly on L fwd R LOD btwn W's ft, cont RF trn to rec L fc WALL, cont RF trn fwd R RLOD btwn W's ft, cont RF trn rec ;
 1 2 3&4 Trng RF strongly on L fwd R LOD btwn W's ft, fwd L rel CP to ld hnd jnd, anchor R/L, bk R;

- 4-7 **WAIST SLIDE to R HD STAR INTO TRIPLE TRAVEL & ROLL;;;;**
 1 2 3&4; Bk L, recov fwd & sd R trn ¼ LF, in pl L/R sd L trn LF trng ½, as W passes M on the R;
 5&6 slide sideways R/L, R to R hand star,, (W fwd R, fwd L around the M ¼ RF sliding behind M keep lead hnd on his waist cross R/sd L cross R; slide sideways L/R, L to R hand star),,
 7 8 comm RF trn, fwd L cont trn, fwd R cont trn to LH STAR;
 1&2,3&4 Sd L/cl R, sd L trn ½ LF to RH STAR, sd R/cl L, sd R trn ½ RF to LH STAR;
 5&6,7 8 Sd L/cl R, sd & fwd L comm LF trn, fwd R cont trn, fwd L cont trn to fc ptr jn ld hnds **RLOD**;

- 8 **ANCHOR & KICKBALL CHNG;**
 1&2 small bk R/rec L, bk R,
 3&4 Kick fwd L take weight on ball of that foot, replace weight on R;fc **RLOD**

- PART C**
 1-3 **UNDERARM TRN INTO ROCK AND GO (W/LADY'S OPTIONAL FREE SPIN);;;,**
 1 2 3&4 Bk L, XRif comm RF trn 1/4, sd L/cl R, sd & fwd L fc COH stop Lady and lead her to trn LF to fc (W Fwd R, fwd L comm LF trn under jnd ld hnds, sd R cont LF trn/XLif, bk R swivel LF to fc partner,);
 5&6,7&8 Rock sd R/rec L, XRif (W Rock sd L/rec R, XLif), sd L/cl R, sd & fwd L (W spin LF under joined Lead hnds R/L R);
 1&2 Anchor small bk R/rec L, bk R,(W anchor small bk l/rec R, bk L),,

- 4 **CHICKEN WKS 4 QUICKS,,; KICKBALL CHNG;**
 3 4; 5 6 Bk L, bk R; bk L, bk R (W swvl stp R, swvl stp L, W swvl stp R, swvl stp L);
 7&8 Kick fwd L take weight on ball of that foot, replace weight on R;fc **RLOD** go to HANDSHAKE

1-6 **REPEAT PART A MOD meas 3-8 - RLOD**

1-8 **REPEAT PART B - LOD**

1-4 **REPEAT PART C - LOD**

- PART D**
 1-4 **TUMMY WHIP;; L SD PASS EXTENDED/LADY SPIN;;**
 1 2 3&4 Bk L rel ld hnds, XRiF moving to W R sd trng ¼ RF plc M's R hnd on W's R hip, sd L trng ¼ RF/fwd R, sd & fwd L (W Fwd R, fwd L, fwd R/cl L, bk R);
 5 6 7&8 Relg W's hip XRiB trng ½ LF to fc ptr, fwd L jn ld hnds, small bk R/rec L, bk R (W Bk L, bk R, small bk L/rec R, bk L);
 1 2 3&4 Bk L comm LF trn, compl ¼ LF trn bk R; sd L/cl R, fwd L trng ½ LF (W fwd R, fwd L twd M's L sd comm LF trn; sd R/XLif cont LF trn, bk R compl ½ LF trn);
 5 6 7&8 Fwd R, fwd L, anchor small bk R/rec L, bk R , (W Roll bk LF L,R, anchor small bk L/rec R, bk L); fc **RLOD**

- 5-8 **STRAIGHT WHIP W/2 SWEETHEARTS;;;;**
1 2 3&4 Bk L, XRif of L trng RF to W's R while raising jnd L hnds and leaving jnd R hnds low, sm sd & fwd L/ rec R trng RF, sd L to W's R sd (W Fwd R, fwd L, fwd R/cl L, bk R to tandem slightly to R of M); ending in VARSOUV
5 6 7&8 Ck fwd R w/ L sd lead into contra ck like action, rec L straightening bdy, sd R/cl L, sd R; (W Bk L w/ R sd lead into contra ck like action, rec R straightening bdy, sd L/cl R, sd L) VARSOUV on W'S R sd ;
1 2 3&4 Ck fwd L w/ R sd lead w/ contra ck like action, rec R straightening bdy, sd L/cl R, sd L (W Bk R w/ L sd lead w/ contra ck like action, rec L straightening bdy, sd R/cl L, sd R) to VARSOUV on W'S L Sd ;
5 6 7&8 XRib of L commence RF trn raising jnd L hnds and leaving jnd R hnds low, sd & fwd L complete 1/2 RF trn to fc ptr, small bk to anchor R/L, R chg to joined Lead hds (W Bk L, bk R, small bk to anchor L/R, bk L) M fcg ptr **RLOD**;

1-8 **REPEAT PART B - LOD**

- 1-3 **END**
WHIP W/HAND CHANGE BEH BACK;; KEEP R HANDS START SUGAR PUSH W/FACELOOP & KISS;
Repeat meas 1-2 of Part A;;
1 2 3 - Bk L, small bk R, tap L slightly fwd L raising joined R hnds and loop jnd R hnds ovr M's hd (W fwd R, fwd L, small fwd R loop jnd R hnds ovr M's hd, raise L foot up to L knee);

QUICK CUES SUNSHINE & WHISKEY, WCS PH V+1+4

Intro fc Pos M fc REV wait for *Everytime you kiss me it's like Sunshine and Whiskey*

Wait;; Quick Swivel Bk to Bk & to Fc – twice;; Prep Inside Trn & Kickball chg;;

Part A 8 meas

Whip w/ Hand chg behind the Bk;; Sugar Push w/ Lady's Inside Out Trn;;

Straight Whip w/ Lady's Rev Twirl (optional);; Side Whip;;

Part B 8 meas

Lady's Rev Rock Whip;;; Waist Slide to R Hd Star into Triple Travel & Roll;;;;

Anchor & Kickball Chg;

Part C 4 meas

Underarm Trn into Rock and Go (optional free spin for the Lady);;;,

Chicken Wks 4 quicks,;; Kickball chg;

Part A meas 3-8

Sugar Push w/ Lady's Inside Out Trn;; Straight Whip w/ Lady's Rev Twirl (optional);;

Side Whip;;

Part B 8 meas

Lady's Rev Rock Whip;;; Waist Slide to R Hd Star into Triple Travel & Roll;;;;

Anchor & Kickball Chg;

Part C 4 meas

Underarm Trn into Rock and Go (optional free spin for the Lady);;;,

Chicken Wks 4 quicks,;; Kickball chg;

Part D 8 meas

Tummy Whip;; L Sd Pass extended Lady Spin;;

Straight Whip interrupted w/2 Sweethearts;;;;

Part B 8 meas

Lady's Rev Rock Whip;;; Waist Slide to R Hd Star into Triple Travel & Roll;;;;

Anchor & Kickball Chg;

End

Whip w/Hand chg behind the Bk;; Keep the Hds start a Sugar Push w/Faceloop & Kiss;