

# CUE TIPS

Selected by  
Judy Barnhill



Mothers Day is coming up "Sunshine, Lollipops & Rainbows"! This is a cute Two Step written by TJ & Bruce Chadd. It will put a smile on anyone's face. The music is by Lenka and can be purchased on Itunes or Amazon. This dance made 1st Runner Up in the 2nd Quarter 2022, Rounds-of-the-Quarter, Phase II category. Try it at your next dance and see if the mothers aren't smiling!

## SUNSHINE, LOLLIPOPS & RAINBOWS

Choreo: TJ & Bruce Chadd

Music: Sunshine, Lollipops & Rainbows by Lenka

Time: 2:47 minutes

Intro, A,B,C,B,D,A,B,C, B MODIFIED, END

SUNSHINE, LOLLIPOPS AND RAINBOWS – Quick Cues

BFLY fcg WALL / Lead ft are free / Wait 2 meas

Intro: WAIT; WAIT; APT PT; TOG BFLY & TCH;

BBALL TRN BFLY;; TW/VN 2 SCP; WK & PU;

A: PROG SCIS 2X [BJO];; FWD HITCH; HITCH SCIS TO FC;

SD CL 2X; SD & THRU TO FC; SLOW TWSTY VIN 4;;

B: L TRNG BOX 1/2 [COH];; BOX;;

L TRNG BOX 1/2 [WALL];; BOX;;

BK HITCH; SCIS THRU TO FC; OP VIN 4;;

C: LC ACROSS [LOP LOD]; FWD 2-STEP; DBL HITCH;;

LC BK [OP LOD]; FWD 2-STEP BFLY; LUNGE SD & TWIST; BEH SD

THRU CP[W];

B: L TRNG BOX 1/2 [COH];; BOX;;  
L TRNG BOX 1/2 [WALL];; BOX;;  
BK HITCH; SCIS THRU TO FC; OP VIN 4;;

D: CIRCLE CHASE OP LOD;::  
FWD HITCH; BK WK 2; BK HITCH; WK 2;  
CIRCLE CHASE OP LOD;::  
FWD HITCH; BK WK 2; BK HITCH; WK & PU;

A: PROG SCIS 2X [BJO];; FWD HITCH; HITCH SCIS TO FC;  
SD CL 2X; SD & THRU TO FC; SLOW TWSTY VIN 4;;

B: L TRNG BOX 1/2 [COH];; BOX;;  
L TRNG BOX 1/2 [WALL];; BOX;;  
BK HITCH; SCIS THRU TO FC; OP VIN 4;;

C: LC ACROSS [LOP LOD]; FWD 2-STEP; DBL HITCH;;  
LC BK [OP LOD]; FWD 2-STEP BFLY; LUNGE SD & TWIST; BEH SD  
THRU  
CP[W];

B mod: L TRNG BOX 1/2 [COH];; BOX;;  
L TRNG BOX 1/2 [WALL];; BOX;;  
BK HITCH; SCIS THRU TO FC; OP VIN 4 to OP [LOD];;  
FWD/LK FWD 2X BFLY;;

End: FC TO FC & BK TO BK BFLY;; BBALL TRN BFLY;;  
TW/VN 2 SCP; WK & FC; STEP SD & HOLD; HOLD & CHG PT;.

## SUNSHINE, LOLLIPOPS AND RAINBOWS

<b>Choreographers:</b> TJ & Bruce Chadd	
<b>Phone:</b> (208) 887-1271	
<b>Email:</b> TJChadd@gmail.com	<b>Website:</b> www.dancingchadds.com
<b>Music:</b> "Sunshine, Lollipops and Rainbows"	<b>Artist:</b> Lenka
<b>CD/Music Source:</b> Recover / single download from Amazon.com	
<b>Rhythm:</b> 2-Step	<b>Phase:</b> II + 1 [Change Point at the end]
<b>Original Length of Music:</b> 2:47	<b>Music Modifications:</b> Slow tempo by 3.33% or to 43.5rpm
<b>Release Date:</b> November, 2021	
<b>Sequence:</b> Intro ABC B D ABC B <sup>mod</sup> End <i>Optional cues noted in [ ]</i>	<b>Footwork:</b> Opposite for Lady unless otherwise noted in ( )

### INTRODUCTION (8 Measures)

	BFLY fcg WALL / Lead ft are free / Wait 2 meas
1-8	<b>WAIT; WAIT; APT PT; TOG BFLY &amp; TCH; BBALL TRN BFLY;; TW/VN 2 SCP; WK &amp; PU;</b>
1-2	{Wait; Wait} In BFLY man fcg WALL and woman fcg man lead ft are free – Wait 2 measures
3	{Apt Pt} Apt L, -, pt R twd ptr, -;
4	{Tog BFLY & Tch} Tog R to BFLY WALL, -; tch L to R, -;
5-6	{Bball Trn BFLY} BFLY fcg WALL sd L and ck trng 1/4 RF, -, rec on R cont RF trn to end fcg RLOD, -; fwd L and ck trng 1/4 RF, -, rec on R cont RF trn to end fcg WALL in BFLY, -;
7	{Tw/Vn 2 SCP} BFLY fcg WALL with man's L and woman's R hand joined sd L, -, XRib of L trng to SCP fcg LOD, -; (Sd and fwd R trng 1/2 RF under joined hands, -, sd and bk L cont trng RF to SCP fcg LOD, -)
8	{Wk & PU} SCP fcg LOD fwd L, -, fwd R with LF upper body rotation to guide woman to CP LOD, -; (Fwd R, -, fwd L trng LF to fc ptr in CP, -;

### PART A (8 Measures)

1-8	<b>PROG SCIS 2X (BJO);; FWD HITCH; HITCH SCIS TO FC; SD CL 2X; SD &amp; THRU TO FC; SLOW TWSTY VIN 4 TO CP(W);;</b>
1-2	{Prog Scis 2X BJO} CP fcg LOD sd L, with slight RF body rotation cl R, fwd L Xif to SCAR, -; sd R, with slight LF body rotation cl L, fwd R Xif to BJO, -;
3	{Fwd Hitch} BJO fcg LOD and staying in BJO fwd L, cl R, bk L, -;
4	{Hitch Scis to Fc} BJO fcg LOD bk L, cl R, fwd L trng to fc WALL BFLY, -; (Fwd L trng 1/4 RF, cl R, XLif trng to fc ptr in BFLY, -)
5	{Sd Cl 2X} BFLY fcg WALL sd L, cl R, sd L, cl R;
6	{Sd & Thru to Fc} BFLY fcg WALL sd L, -, fwd R Xif to fc ptr in BFLY, -;
7-8	{Slow Twisty Vin 4} BFLY fcg WALL comm slight RF upper body trn sd & bk L, -, XRib of L, -; comm slight LF upper body trn sd & fwd L, -, XRif of L to CP in slight BJO, -;

### PART B (12 Measures)

1-8	<b>L TRNG BOX 1/2 (COH);; BOX;; L TRNG BOX 1/2 (WALL);; BOX;;</b>
1-2	{L Trng Box 1/2 COH} CP in slight BJO sd L to CPW, cl R, fwd L trn 1/4 LF to fc LOD, -; sd R, cl L, bk R trn 1/4 LF to fc COH in CP, -;
3-4	{BOX} CP fcg COH sd L, cl R, fwd L, -; sd R, cl L, bk R, -;
5-6	{L Trng Box 1/2 WALL} CP COH sd L, cl R, fwd L trn 1/4 LF to fc RLOD, -; sd R, cl L, bk R trn 1/4 LF to fc WALL, -;
7-8	{Box} CP fcg WALL sd L, cl R, fwd L, -; sd R, cl L, bk R, -;
9-12	<b>BK HITCH; SCIS THRU TO FC; OP VIN 4;;</b>
9	{Bk Hitch} CP fcg WALL bk L, cl R, fwd L, -;
10	{Scis Thru to Fc} CP fcg WALL sd R, cl L, XRif of L to CP fcg WALL, -;

11-12	{Op Vin 4} BFLY fcg WALL sd L twd LOD, -, XRib to slight LOP fcg RLOD, -; trng to fc ptr and WALL sd L twd LOD, -, XRif to fc LOD, -;
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**PART C (8 Measures)**

1-8	<b>LC ACROSS [LOP LOD]; FWD 2-STEP; DBL HITCH;; LC BK [OP LOD]; FWD 2-STEP BFLY; LUNGE SD &amp; TWIST; BEH SD THRU CP[W];</b>
1	{Lc Across LOP LOD} Fcg LOD keeping joined lead hnds pass beh woman (woman passes in front of man) moving diag across LOD fwd L, cl R, fwd L to LOP fcg LOD, -;
2	{Fwd 2-Step } LOP fcg LOD fwd R, cl L, fwd R, -;
3-4	{Dbl Hitch} LOP fcg LOD fwd L, cl R, bk L, -; bk R, cl L, fwd R, -;
5	{Lc Bk OP LOD} LOP fcg LOD join man's R and woman's L hnds pasgs beh woman (woman passes in front of man) movg diag bk across LOD fwd L, cl R, fwd L to OP fcg LOD, -;
6	{Fwd 2-Step BFLY WALL} OP fcg LOD fwd R, cl L, fwd R trng to fc ptr and WALL in BFLY, -;
7	{Lunge Sd & Twist} BFLY fcg WALL sd L twd LOD bendg knee and ckg motion, -, maintaing weight on L foot trn upper body slightly RF allowg weighted foot to swivel slightly (woman slight LF trn) to (both) look twd RLOD, -;
8	{Beh Sd Thru CPW} BFLY both lookg slightly RLOD XRib of L, sd L, XRif of L to fc WALL in CP, -;

**REPEAT PART B (12 Measures)**

**PART D (16 Measures)**

1-8	<b>CIRCLE CHASE OP LOD;;; FWD HITCH; BK WK 2; BK HITCH; WK 2;</b>
1-4	{Circle Chase OP LOD} OP fcg LOD movg in a LF circular pattern fwd trn L, cl R, fwd trn L to tandem fcg COH with man in front of woman, -; fwd trn R, cl L, fwd trn R to sd by sd fcg RLOD with man on inside of circle, -; fwd trn L, cl R, fwd trn L to tandem with man beh woman fcg WALL, -; fwd trn R, cl L, fwd trn R to OP fcg LOD, -; (Woman also movg in a LF circular pattern fwd trn R, cl L, fwd trn R to tandem beh man fcg COH, -; fwd trn L, cl R, fwd trn L to sd by sd fcg RLOD with woman on outside of circle, -; fwd trn R, cl L, fwd trn R to tandem fcg WALL with woman in front of man, -; fwd trn L, cl R, fwd trn L to OP fcg LOD, -;)
5	{Fwd Hitch} OP fcg LOD fwd L, cl R, bk L, -;
6	{Bk Wk 2} OP fcg LOD bk R, -, bk L, -;
7	{Bk Hitch} OP fcg LOD bk R, cl L, fwd R, -;
8	{Wk 2} OP fcg LOD fwd L, -, fwd R, -;
9-15	<b>CIRCLE CHASE TO OP LOD;;; FWD HITCH; BK WK 2; BK HITCH; WK &amp; PU;</b>
9-15	Repeat Part D, Measures 1-7
16	{Wk & PU LOD} OP fcg LOD fwd L, -, fwd R with LF upper body rotation to guide woman to CP LOD, -; (Fwd R, -, fwd L trng LF to fc ptr in CP, -;)

**REPEAT PART A (8 Measures)**

**REPEAT PART B (12 Measures)**

**REPEAT PART C (8 Measures)**

**PART B<sup>\*\*\*\*</sup> (14 Measures)**

1-8	<b>L TRNG BOX 1/2 [COH];; BOX;; L TRNG BOX 1/2 [WALL];; BOX;;</b>
1-8	Repeat Part B, Measure 1-8
9-14	<b>BK HITCH; SCIS THRU BFLY; OP VIN 4 OP [LOD];; FWD/LK FWD 2X BFLY;;</b>
9-12	Repeat Part B, Measures 9-12
13	{Fwd/Lk Fwd} OP fcg LOD fwd L, XRib of L, fwd L, -;
14	{Fwd/Lk Fwd BFLY} OP fcg LOD fwd R, XLib of R, fwd R trng to fc ptr and WALL in BFLY, -;

END (8 Measures)		
1-8		FC TO FC & BK TO BK BFLY;; BBALL TRN BFLY;; TW/VN 2 SCP; WK & FC; STEP SD & HOLD; HOLD & CHG PT;
	1-2	{Fc to Fc & Bk to Bk BFLY} BFLY fcg WALL sd L, cl R, sd L trng 1/2 LF to a Bk to Bk Position, -; sd R, cl L, sd R trng 1/2 RF to BFLY fcg WALL, -;
	3-4	{BBall Trn BFLY} Repeat Introduction, Measures 5-6
	5	{Tw/Vn 2 SCP} Repeat Introduction, Measure 7
	6	{Wk & Fc CPW} SCP fcg LOD fwd L, -, fwd R trng to fc ptr and WALL in CP, -;
	7	{Step Sd & Hold} CP fcg WALL sd L, -, -, -;
	8	{Hold & Chg Pt} CP fcg WALL Hold, cl R to L, pt L, -;