Soak Up The Sun II

RELEASED: April, 02.2023

CHOREO: Nicolette & Stefan Burger
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Homepage: www.cuer.eu   Email: choreo@cuer.eu
MUSIC: Dance: Soak Up The Sun – The Very Best of Sheryl Crow
Artist: Sheryl Crow   Download: itunes
Listen to music sample on YouTube:
https://www.youtube.com/watch?v=C4F6kXarM60 or https://www.youtube.com/watch?v=KIYiGA_rIls
FOOTWORK: Opposite unless noted, TIME: 4:52 (up to 5% faster) The Dance starts after 0:16
RHYTHM: TwoStep Ph II, DEGREE OF DIFFICULTY: Easy
SEQUENCE: Intro – A – Bridge – A B – Int1 – A – Int2 – B – C – Amod – Int3 – B – Bmod – Ending
NOTE: There are 2 versions of the song "Soak Up The Sun" The choreography is written on the longer version. The shorter version is no longer available for purchase.

Intro:

[1-4] **wait ;; apt & pnt ; tog & tch ;**
The dance starts after 0:16 in SCP wait ;; stp apt L, - , pnt R, - ; stp tog L, - , tch R, - ; to CP

[5-8] **trav box ;; ;;**
Sd L, cl R, fwd L, - ; trn to reverse SCP fwd R, - , fwd L, - ; blending to CP sd R, cl L, bk R, - ;
trn in SCP to LOD fwd L, - , fwd R, - ; to SCP

Part A:

[1-4] **2 fwd 2 stp ;; 2 trn 2 stp to PU ;;**
Fwd L, cl R, fwd R, - ; fwd R, cl L, fwd R, - ; sd L, cl R, trn L, - ; sd R, cl L, trn R, - ; to PU

[5-8] **2 prog scis ;; wlk & fc ; twrl/vin 2 ;**
Sd L, cl R, XLiF, - ; to Scar sd R, cl L, XRiF ; to Bjo ; fwd L, - , fwd R, - to fc partner ; sd L, - , Xrib, - ;
{fwd trn R, - , bk trn L, - ;}

Bridge:

[1-2] **sd, drw, cls twice ;;**
Sd L, drw R to L, - , cl R ; sd L, drw R to L, - , cl R ;

Repeat: Part A:

Part B:

[1-4] **op vin 4 to OP ;; dbl htch ;;**
Sd L, - , XRiB, - ; sd L, - , XRiF, - ; Sd L, - , XRiB, - ; sd L, - , XRiF, - ; to OP
fwd L, cl R, bk L, - ; bk R, cl L, fwd R, - ; {fwd R, cl L, fwd R, - ; bk L, cl R, fwd L, - ;}
;
[5-8] **wlk & fc ; twrl/vin 2 ; 2 trn 2 stp ;;**
Fwd L, - , fwd to fc partner R, - ; Repeat Part A meas 8 ; Repeat Part A meas 3 & 4 to SCP ;;

[9-12] **lc up ;; ;;**
ldg W under jnd ld hnds fwd L chgg sds, cl R, -, fwd L in LOP, -; fwd R, cl L, -, fwd R, -; ldg W under jnd trl
hnds fwd L chgg sds, cl R, -, fwd L in OP, -; fwd R, cl L, -, fwd R, -;

[9-12] **bball trn ;; 2 fwd 2 stp ;;**
Fwd trn L, - , rec trn R, - ; fwd trn L, - , rec trn R, - ; Repeat Part A meas 1 & 2 ;;

Interlude 1:

[1-4]   circ awy 2 2 stp ;; strut tog 4 ;;
[M circg LF twd COH - W circg RF twd WALL] fwd L, - , fwd R, - ; fwd L, cls R, fwd L, - ;
Fwd L, - , fwd R, - ; fwd L, - , fwd R ;

Repeat: Part A:

Interlude 2:

[1-4]   vin 3 & tch ; wrap ; unwrap ; chng sds ;
Sd L, XRib of L, sd L, tch R to L; Keeping trailing hnds low sd R, leading W to start a ½ LF trn under lead hnds
cl L, sd R, comp W's LF trn bringing lead hnds down in front of W's waist {Fwd L start a ½ LF trn under lead
hnds, small sd & bk R cont trn, cl L comp trn, bringing lead hnd down in front of waist); Release lead hnds
leading W to unwrap RF in pl L, R, in pl L, -(Sd & fwd R start a tight ½ RF trn, small sd & bk L, sd R, tch L to
R); Under trailing hnds lead W to start a ½ LF trn fwd R start ½ RF trn, fwd L, fwd R comp trn BFLY/COH, tch
L to R (Under trail hnds start a ½ LF trn fwd L, fwd R, fwd L comp trn, tch R to L};

Repeat: Part B:

Part C:

[1-4]   lc X ; fwd 2 stp ; dbl htch ;;
Repeat Part B meas 9 & 10 ;; Repeat Part B meas 3 & 4 ;;

[5-8]   lc bk ; fc 2 stp ; 2 fwd 2 stp ;;
Repeat Part B meas 11 & 12 ;; Repeat Part A meas 1 & 2 ;;

Part Amod:

[1-4]   2 trn 2 stp to PU ;; 2 prog scis ;;
Repeat Part A 3 – 6 ;; ;;

[5-8]   fwd htch ; htch & scis (SCP) ; 2 fwd 2 stp ;;
Fwd L, cl R, bk L, - ; fwd R, cl L, bk R, - ; {fwd trn L, cl R, XLiF, - ;} to SCP Repeat Part B meas 3 & 4 ;;

Interlude 3:

[1-5]   vin 3 & tch ; wrap ; unwrap ; chng sds ; sd, drw, cl ;
Repeat Interlud 2 meas 1 – 4 ;; ;; Repeat Bridge meas 1 ;

Repeat: Part B:

Part Bmod:

[1-4]   op vin 4 to OP ;; 2 fwd 2 stp (OP) ;;
Repeat Part B meas 1 & 2 ;; Repeat A meas 1 & 2 ;;

[5-8]   dbl htch ;; wlk & fc ; twrl/vin 2 ;
Repeat Part B meas 3 & 4 ;; Repeat Part B meas 5 & 6 ;;

[9-12]   lc up ;; ;;
Repeat Part B meas 9 – 12 ;; ;;

[9-12]   fc - fc ; bk - bk ; bb trn ;;
Sd L, cl R, trn L, - ; sd R, cl L, trn R, - ; Repeat Part B 9 & 10

Ending:

[1-4]   lc X ; fwd 2 stp ; dbl htch ;;
Repeat Part B meas 9 & 10 ;; Repeat Part B meas 3 & 4 ;;

[5-7]   lc bk ; fc 2 stp ; spt apt & hold ;
Repeat Part B meas 11 & 12 ;; stp apt L, look to your Parter and hold ….

Suggested Head Cues

Soak Up The Sun, TwoStep Ph II
Nicolette & Stefan Burger

Intro:	wait ;; spt apt & pt ; tog & tch ; trvlng box ;; ;;
Part A :	2 fwd 2s ;; 2 trn 2s (PU) ;; 2 prog sciss ;; wlk & fc ; twl/vne 2 ;
Bridge:	sd, drw, cls twice ;;
Part A :	2 fwd 2s ;; 2 trn 2s (PU) ;; 2 prog sciss ;; wlk & fc ; twl/vne 2 ;
Part B:	op vne 4 (OP) ;; dbl htch ;; wlk & fc ; twl/vne 2 ; 2 trn 2s ;; lace up ;; ;; bb trn ;; 2 fwd 2s ;;
Interlude 1:	crcl awy 2 2 stps ;; strut tog 4 ;;
Part A:	2 fwd 2s ;; 2 trn 2s (PU) ;; 2 prog sciss ;; wlk & fc ; twl/vne 2 ;
Interlude 2: Part B:	vne 3 & tch ; wrap ; unwrap ; chng sds ; op vne 4 (OP) ;; dbl htch ;; wlk & fc ; twl/vne 2 ; 2 trn 2s ;; lace up ;; ;; bb trn ;; 2 fwd 2s ;;
Part C:	lace X ; fwd 2 stp ; dbl htch ;; lace bk ; fc 2 stp ; 2 fwd 2s ;;
Part Amod:	2 trn 2s (PU) ;; 2 prog sciss ;; fwd htch ; htch & sciss (SCP) ; 2 fwd 2s ;;
Interlude 3:	vne 3 & tch ; wrap ; unwrap ; chng sds ; sd, drw, cls ;
Part B:	op vne 4 (OP) ;; dbl htch ;; wlk & fc ; twl/vne 2 ; 2 trn 2s ;; lace up ;; ;; bb trn ;; 2 fwd 2s ;;
Part Bmod:	op vne 4 (OP) ;; 2 fwd 2s (OP) ;; dbl htch ;; wlk & fc ; twl/vne 2 ; lace up ;; ;; fc to fc ; bk to bk ; bb trn ;;
Ending:	lace X ; fwd 2 stp ; dbl htch ;; lace bk ; fc 2 stp ; spt apt & hold ;