

WHEN HOPE DAWNS AT SUNRISE

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MUSIC: Song: When Hope Dawns At Sunrise Music Media Source: Album "Greatest Hits",
Artist: Daniel O'Donnell also available as download from Amazon.com
Music Modified: - 4% if desired BPM/MPM: 29 MPM TIME@MPM: 3:56@29
***See instructions below for an alternate shortened version [time 3:06] of the dance.**

FOOTWORK: Opposite unless indicated (Woman's footwork in parentheses)

RHYTHM: Waltz **RAL Phase:** V + 1 [Throwaway Oversway] Dance is Challenging due to rotation

SEQUENCE: INTRO A A B INTER 1 C INTER 2 B INTER 2 C END

MEAS: INTRODUCTION

1-4 CP MAN FCG DLW IN OVERSWAY LINE TRAIL FEET POINTED DRW WAIT 1 MEAS; HOVER BRUSH SCP; THRU CHASSE SCP; SLOW SIDE LOCK;

- 1 {WAIT} In CP Oversway Line M fcg DLW trail feet free & pointed DRW L sd stretch (W R sd stretch) ;
- 2 {HVR BRUSH SCP} Sd R rising to ball of foot, brush L to R, sd & fwd L to tight SCP LOD (W Sd L rising to ball of foot, brush R to L, sd & fwd R to tight SCP LOD) ;
- 3 {THRU CHASSE SCP} Fwd R between ptrs w/ a reaching stp, fwd L/cl R, fwd L (W Fwd L between ptrs w/ a reaching stp, fwd R/cl L, fwd R) ;
- 4 {SLO SD LK} Thru R, sd & fwd L to CP LOD, XRib of L trng slightly LF DLC (W Thru L trng LF, sd & bk R cont LF trn to CP, XLif of R CP DRW) ;

PART A

1-4 OPEN REVERSE; HOVER CORTE; BACK & RIGHT CHASSE; CONTRA CHECK RECOVER FORWARD SCP;

- 1 {OP REV} In CP fwd L trng LF 1/8 to 1/4, cont LF trn sd R, bk L to CBMP DRC (W In CP bk R trng L 1/8 to 1/4, cont LF trn sd L, fwd R to CBMP DLW) ;
- 2 {HVR CORTE} Bk R trng LF, sd & fwd L w/ rise contg bdy trn, rec bk R w/ R sd leading to BJO DLW (W Fwd L trng LF, sd & fwd R w/ hvrg action, rec L w/ L sd leading to BJO) ;
- 3 {BK & R CHASSE} Bk on L trng 1/8 RF, sd R twd RLOD trng 1/8 RF/cl L, sd R CP DLR (W Fwd R trng 1/8 RF, sd L DLC continuing RF trn trng up to 1/8 RF/cl R, sd L CP DLC) ;
- 4 {CONTA CK REC FWD SCP} Commence LF upper bdy trn flexing knees w/ strong R side lead ck fwd L in CBMP, rec R, fwd L to SCP (W Commence LF upper bdy trn flexing knees w/ strong L sd lead bk R in CBMP looking well to L, rec R, fwd L to SCP) ;

5-8 MANEUVER; OPEN IMPETUS; WEAWE TO SCP;:

- 5 {MANUV} Fwd R begin RF upper bdy trn, cont RF trn to fc ptr & RLOD sd L, cl R CP RLOD (W fwd L begin RF upper bdy trn, cont RF trn to fc ptr & LOD sd R, cl L CP LOD) ;
- 6 {OP IMP} With soft or flexed knees throughout commence RF upper bdy trn bk L, cl R [heel turn] cont RF trn, comp trn fwd L in tight SCP DLC (W With soft or flexed knees throughout commence RF upper bdy trn fwd R, between M's feet heel to toe pvtg 1/2 RF, sd & fwd L cont RF trn around man brush R to L, comp trn fwd R) ;
- 7 {WEV TO SCP} Fwd R DLC, fwd L commence LF trn to CP, cont trn sd & slightly bk R to fc DLC (W Fwd L DLC commence LF trn, cont trn sd & slightly bk R to fc DLW, cont trn sd & fwd L DLW) ;
- 8 Bk L LOD leading W to stp outsd to CBMP, bk R cont LF trn, sd & fwd L SCP DLW (W fwd R DLW outsd ptr to CBMP, fwd L DLW cont trn, sd R SCP DLW) ;

9-12 RIPPLE CHASSE; OPEN NATURAL; OUTSIDE SPIN; RIGHT TURNING LOCK SCP;

- 9 {RIPPLE CHASSE} Thru R in CBMP, sd & slightly fwd L w/ slight L sd stretch/cont L sd stretch into R sway cl R to L looking to R holding sway, sd & fwd L losing sway blending to SCP (W Thru L in CBMP, sd & slightly fwd R w/ slight R side stretch/cont R sd stretch into a L sway cl L to R looking to L holding sway, sd & fwd R losing sway blending to SCP) ;
- 10 {OP NAT} Fwd R DLW heel to toe commence RF trn, sd & slightly bk L acrs LOD, cont RF trn to lead ptr to stp outsd bk R w/ R sd leading to BJO (W Fwd L DLW heel to toe

- commence RF trn, fwd R DLW trng to CP, cont RF trn fwd L BJO) ;
- 11 {OUTSD SPN} In BJO commence RF bdy trn toeing in w/ R sd lead bk left in CBMP small stp 3/8 turn to right on stp 1, cont RF trn fwd R in CBMP heel to toe, comp RF trn sd & bk L to CP DRC (W Commence RF trn w/ L sd lead staying well in M's R arm fwd R outsd ptr heel toe, cl L to R foot on toes of both feet 5/8 trn between stps 1 and 2, cont RF trn 1/4 between 2 & 3 fwd R between M's feet to CP DLW 1/8 trn on 3) ;
- 12 {R TRNG LK SCP} Bk R LOD with R sd lead commence RF trn/XLif of R to fc COH, with slight L sd stretch cont RF trn sd & fwd R between W's feet cont RF trn, fwd L to SCP (W Fwd L with L sd lead commence RF trn/XRib of L, with slight R sd stretch fwd & sd L staying well into M's R arm cont RF trn, fwd R to SCP) ;

13-17 CHAIR & SLIP; OPEN TELEMARK; THRU TO OPEN HINGE: EXTEND LEFT ARMS: RISE MAN CLOSE;

- 13 {CHR & SLP} Ck thru R w/ lun action, rec L [no rise], w/ slight LF upper bdy trn slp R bhd L cont trn to CP fcg DLC (W Check thru L w/ lun action, rec R [no rise], swvl LF on R & stp fwd L outsd M's R foot to CP FCG DRW) ;
- 14 {OP TELE} Fwd L commencing LF trn, side R cont LF trn, sd & slightly fwd L to tight SCP DLW (W Bk R commencing LF trn bringing L beside R w/ no wgt, trn LF on right heel (heel turn) & chg wgt to L, sd & slightly fwd R to tight SCP) ;
- 15 {THRU TO OP HINGE} Thru R between ptrs w/ a reaching stp, sd & slightly fwd L commence L sd stretch cont L sd stretch leading W to X her L foot bhd her R keeping L sd in to ptr, relaxing L knee & trng R knee to sway R look at W (W Thru L between ptrs w/ a reaching stp commence LF trn, sd & fwd R commence R sd stretch & cont R sd stretch swvl LF, XLib of R keeping L sd in twd ptr, relaxing L knee leaving R ft pointed RLOD [head to L w/ shoulders almost parallel to partner] w/ no wgt on R) ;
- 16 {EXTEND L ARM} Cont to relax L knee place W's R hnd on M's L shldr, slowly extend the line through meas with slight sway R as both M & W extend L arms out to sd, M looking toward and over W (W Place R hnd on M's L shldr, slowly extend L arm, W's head now well to L) ;
- 17 {RISE MAN CL} Commence to rise leading W to rec out of hinge, trng slightly RF to CP LOD, cl R to L (W Commence to rise, trng slightly RF, touch R beside L CP RLOD) ;

REPEAT PART A

PART B

1-4 VIENNESE TURNS;; 2X;;

- 1-2 {VIEN TRNS} Fwd L commencing LF trn, sd R cont LF trn, XLif of R (W Bk R commencing LF turn, sd L cont LF trn, cl R to L) ; Bk R cont LF trn, sd L cont LF trn, cl R to L (W Fwd L cont LF trn, sd R cont LF trn, XLif of R end fcg RLOD) ;
- 3-4 {VIEN TRNS} Same as Part B meas 1-2 ;;

5-9 DRAG HESITATION; BACK BACK/LOCK BACK; OPEN IMPETUS; IN & OUT RUNS;;

- 5 {DRAG HES} Fwd L commence LF trn, sd R cont LF trn, draw L twd R endg in BJO DRC (W Bk R commence LF trn, sd L cont LF trn, draw R twd L ending in BJO DLW) ;
- 6 {BK BK/LK BK} Bk L, bk R/lk Lif of R, bk R (W Fwd R, fwd L/lk Rib of L, fwd L) ;
- 7 {OP IMP} Same as Part A meas 6 ;
- 8 {I/O RUNS} Fwd R commence RF trn, sd & bk DLW on L to CP, bk R w/ R sd leading to BJO (W Fwd L, fwd R between M's feet, fwd L outsd ptr w/ L sd leading to BJO) ;
- 9 Bk L trng RF, sd & fwd R between W's feet cont RF trn, fwd L to SCP (W Fwd R commence RF trn, fwd & sd L cont trn, fwd R to SCP) ;

10-12 WHIPLASH; OUTSIDE SWIVEL; OPEN NATURAL;

- 10 {WHIPLASH} Thru R, trng bdy RF pt L hold endg in BJO, - (W Thru L, swvl on L to fc ptr & pt R hold endg in BJO, -) ;
- 11 {OUTSD SWVL} Bk L in CBMP, XRif of L w/ no wgt using RF upper bdy turn to lead W to swvl, blend to SCP (W Fwd R in CBMP, swvl RF on ball of R foot, blend to SCP) ;

12 {OP NAT} Same as Part A meas 10 ;

13-16 TIPPLE CHASSE PIVOT; SPIN TURN; 1/2 BOX BACK; HOVER;

13 {TIPPLE CHASSE PVT [1,2&,3]} Bk L commence RF trn, blending to CP sd R pointing LOD and between partner's feet / close L to R turning body to face LOD, sd & forward R pivot RF to end backing nearly LOD in CP RLOD(W Fwd R commence RF trn, blending to CP cont trng RF sd L / cl R, sd & bk L pivoting on ball of L foot to fc LOD) ;

14 {SPN TRN} Commence RF upper bdy trn bk L pvtg 1/2 RF to fc LOD, fwd R between W's feet heel to toe cont trn leaving L leg extended bk & sd, comp trn rec sd & bk L DLW (W Forward R between partner's feet pivot 3/8, continue RF turn step back and slightly sd across the LOD L rising brush R to L , sd & forward R between partner's feet to end CP COH) ;

15 {1/2 BOX BK} Bk R, sd L, cl R (W Fwd L, sd R, cl L) ;

16 {HVR} Fwd L, fwd & sd R rising to ball of foot, recover L to tight SCP DLC (W Bk R, bk & sd L turning to SCP and rising to ball of foot, recover R to tight SCP DLC) ;

INTERLUDE 1

1-3 IN & OUT RUNS;; SLOW SIDE LOCK;

1-2 {I/O RUNS} Same as Part B meas 8-9 ;;

3 {SLO SD LK} Same as Introduction meas 4 ;

PART C

1-4 DOUBLE REVERSE; 2X DLW; FORWARD TO RIGHT LUNGE; ROLL RECOVER & SLIP;

1 {DBL REV} Fwd L commence LF trn, sd R [3/8 left face turn between stps1 & 2], spin up to 1/2 LF between stps 2 & 3 on ball of R bringing L foot under bdy beside R no wgt flexed knees end fcg LOD (W Bk R commence LF trn, L foot closes to R heel trn trng 1/2 LF between stps 1 & 2/sd & slightly bk R cont LF trn, XLif of R end fcg RLOD) ;

2 {DBL REV} Same as Part C meas 1 ending facing DLW (W end facing DRC) ;

3 {FWD TO R LUN} Fwd L, with a relaxed left knee sd & fwd R [as weight is transferred step into the R lunge onto a relaxed knee. Keep M's top off & awy from W.], - (W Bk R, with a relaxed R knee sd & bk L, W looks to the L staying well in the M's R arm) ;

4 {ROLL REC & SLP} Rolling upper bdy RF up to 3/8, rec L, slp R past L to fc DLC (W Rolling RF up to 3/8, rec R, fwd L to fc DRW) ;

5-8 OPEN TELEMARK; NATURAL HOVER FALLAWAY; SLIP PIVOT BJO; MANEUVER;

5 {OP TELE} Same as Part A meas 14 ;

6 {NAT HVR FALWY} Fwd R w/ slight RF bdy trn, fwd L on toe trng RF w/ slo rise, rec R (W Fwd L, fwd R on toe trng RF w/ slo rise, rec L) ;

7 {SLP PVT BJO} Bk L, bk R commence LF trn [keeping L leg extended], fwd L BJO(W Bk R commence LF trn pvt on ball of R foot [thighs locked L leg extended], fwd L comp LF trn placing L foot near M's R foot, bk R BJO) ;

8 {MANUV} Fwd R commence RF upper bdy trn, cont RF trn to fc ptr sd L, cl R (W Bk L commence RF upper bdy trn, cont RF trn to fc ptr sd R, cl L) ;

9-12 OUTSIDE CHANGE SCP; THRU PROMENADE SWAY; CHANGE TO OVERSWAY; RECOVER BRUSH FORWARD;

9 {OUTSD CHG SCP} Bk L, bk R trng LF, sd & fwd L to SCP (W Fwd R, fwd L trng LF, sd & fwd R to SCP) ;

10 {THRU PROM SWAY} Fwd R between ptrs w/ a reaching stp, sd & fwd L trng to SCP & stretching L sd of bdy slightly upward to look over jnd lead hnds, relax L knee (W Fwd L between ptrs w/ a reaching stp, sd & fwd R trng to SCP & stretching R sd of bdy slightly upward to look over jnd lead hnds, relax R knee);

11 {CHG TO OVRSWAY} Slowly stretch L sd of bdy & look twd W [no wgt chg], -, - (W Slowly stretch R sd & look well to L [no wgt chg], -, -) ;

12 {REC BRUSH FWD} Rec R, brush L to R, fwd L in SCP DLW (W Rec L, brush R to L, fwd R in SCP) ;

13-16 THRU CHASSE SCP; WING; TURN LEFT & RIGHT CHASSE BJO; OPEN IMPETUS;

13 {THRU CHASSE SCP} Thru R, sd L/cl R, sd L to SCP (W Thru L, sd R/cl L, sd R to SCP) ;

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- 14 {WING} Thru R, draw L to R, tch L to R no weight turning body LF (W Thru L, fwd R, fwd L moving around M to SCAR) ;
- 15 {TRN L & R CHASSE BJO} Fwd L, commence upper body trn fwd R trng LF/cl L, sd R to BJO (W Bk R, commence upper body trn bk L trng LF/cl R, sd L to BJO) ;
- 16 {OP IMP} Same as Part B meas 7 ;

INTERLUDE 2

1 SLOW SIDE LOCK:

- 1 {SLO SD LK} Same as Introduction meas 4 ;

REPEAT PART B

INTERLUDE 2

1 SLOW SIDE LOCK:

- 1 {SLO SD LK} Same as Introduction meas 4 ;

REPEAT PART C

END

1-4 IN & OUT RUNS :: 2X::

- 1-2 {I/O RUNS} Same as Part B meas 8-9 ;
- 3-4 {I/O RUNS} Same as Part B meas 8-9 ;

5-6.5 THRU TO THROWAWAY OVERSWAY IN 6; & EXTEND; -, -,

- 5 {THRU TO THRWY OVRSWAY IN 6} Fwd R between ptrs w/ a reaching stp, sd & fwd L relaxing L knee & allowing R to pt sd & bk, rotate upper body LF while keeping R sd in twd W & looking at her [with left side stretch] (W Fwd L between ptrs w/ a reaching stp, sd & fwd R bringing L foot under body, keeping L sd in twd M rotate LF while relaxing R knee & sliding L foot bk undr bdy past R foot to pt bk W 's head rotates over her body turning L) ;
- 6 {EXTEND} Continue the throwaway by trng slightly LF to CP LOD, & extend line by bringing R sd thru to W leaving R ft bk to RLOD, - (keeping L toe in floor extend L ft bk twd LOD, trng head well to L, cont to shape up & out) ;
- 6.5 -, -,

***Alternate shortened version: approximate length 3:06. 2nd time thru B, cue meas 1-11. Meas 12-16.5: Thru chasse SCP; I/O runs;; Thru to thrwy ovrsway; & Extend; -, -, Start fading music during measures 16. End music before the word "There's" is sung. Measure 16.5 of 2nd time thru B ends at approximately 3:06 minutes after music begins (for shortened version).**

QUICK CUES

- INTRO** WAIT; HOVER BRUSH SCP; THRU CHASSE SCP; SLOW SIDE LOCK;
- PART A** OPEN REVERSE; HOVER CORTE; BACK & RIGHT CHASSE; CONTRA CHECK RECOVER FORWARD SCP; MANEUVER; OPEN IMPETUS; WEAVE TO SCP;; RIPPLE CHASSE; OPEN NATURAL; OUTSIDE SPIN; RIGHT TURNING LOCK SCP; CHAIR & SLIP; OPEN TELEMARK; THRU TO OPEN HINGE; EXTEND LEFT ARMS; RISE MAN CL;
- PART A** OPEN REVERSE; HOVER CORTE; BACK & RIGHT CHASSE; CONTRA CHECK RECOVER FORWARD SCP; MANEUVER; OPEN IMPETUS; WEAVE TO SCP;; RIPPLE CHASSE; OPEN NATURAL; OUTSIDE SPIN; RIGHT TURNING LOCK SCP; CHAIR & SLIP; OPEN TELEMARK; THRU TO OPEN HINGE; EXTEND LEFT ARMS; RISE MAN CL;
- PART B** VIENNESE TURNS;; 2X;; DRAG HESITATION; BACK BACK/LOCK BACK; OPEN IMPETUS; IN & OUT RUNS;; WHIPLASH; OUTSIDE SWIVEL; OPEN NATURAL;

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INTER 1 TIPPLE CHASSE PIVOT; SPIN TURN; ½ BOX BACK; HOVER;
PART C IN & OUT RUNS;; SLO SD LK;
DOUBLE REVERSE; 2X DLW; FORWARD TO RIGHT LUNGE; ROLL RECOVER &
SLIP;
OPEN TELEMARK; NATURAL HOVER FALLAWAY; SLIP PIVOT BJO; MANEUVER;
OUTSIDE CHANGE SCP; THRU PROMENADE SWAY; CHANGE TO OVERSWAY;
RECOVER BRUSH FORWARD;
THRU CHASSE SCP; WING; TURN LEFT & RIGHT CHASSE BJO; OPEN IMPETUS;
INTER 2 SLOW SIDE LOCK;
PART B VIENNESE TURNS;; 2X;;
DRAG HESITATION; BACK BACK/LOCK BACK; OPEN IMPETUS; IN & OUT
RUNS;;
WHIPLASH; OUTSIDE SWIVEL; OPEN NATURAL;
TIPPLE CHASSE PIVOT; SPIN TURN; ½ BOX BACK; HOVER;
INTER 2 SLOW SIDE LOCK;
PART C DOUBLE REVERSE; 2X DLW; FORWARD TO RIGHT LUNGE; ROLL RECOVER &
SLIP;
OPEN TELEMARK; NATURAL HOVER FALLAWAY; SLIP PIVOT BJO; MANEUVER;
OUTSIDE CHANGE SCP; THRU PROMENADE SWAY; CHANGE TO OVERSWAY;
RECOVER BRUSH FORWARD;
THRU CHASSE SCP; WING; TURN LEFT & RIGHT CHASSE BJO; OPEN IMPETUS;
END IN & OUT RUNS;; 2X;;
THRU TO THROWAWAY OVERSWAY IN 6; & EXTEND; -, -,