

HEDY MCADAMS:
“TJITJI SUNRISE”

(“Tjitjii Sunrise” – pronounced “tea-chee” – means “Children of the Sunrise”)

A 28-count, 4-wall, beginning-level, multi-cultural line dance for children

Choreographer: **HEDY McADAMS**, Palo Alto, CA ~ phone/fax: 650-322-6760 ~ hedy@DanceAdventures.com
 Teaching Note: To confirm that you have the latest step sheet, contact Hedy or visit her web site: www.DanceAdventures.com
 Music/Tempo: Recommended: “**SUN ARISE**,” by Grame Connors, Note: there are 2 4-count tags in this song; they occur only on the original wall (i.e., on the fifth and nine repetition of the dance (teaching speed not needed)
 Dedicated to: For the children of the Mitijula tribe of Uluru, Northern Territory, Australia, who attended a line-dance workshop on their settlement in January 2000
 Special thanks to: ? & ? who brought this music to my attention by choreographing the dance “Sunarise Cha Cha,” in 1997.
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LOWER BODY	UPPER BODY
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A POINT – TOUCH – POINT TOUCH – SIDE – TOGETHER – SIDE – TOUCH

1, 2	Point R to right, Touch R beside L	Begin with <u>Position A1</u> , as follows. Hold upper body erect and still, with both arms at sides, fingers together, palms facing thighs except as indicated otherwise.
3, 4	Point R to right, Touch R beside L	
5	Step R to right	Turn R arm, palm facing back, and raise arm overhead head.
6	Step L beside R	Open (spread) fingers.
7, 8	Step R to right, Touch L beside R	Cts A7-8: lower R arm to R side & resume A1 position.

B POINT – TOUCH – POINT TOUCH – SIDE – TOGETHER – SIDE – TOUCH

1, 2	Point L to left, Touch L beside R	Counts B1-4; both arms at side, fingers together, palms facing thighs
3, 4	Point L to left, Touch L beside R	
5	Step L to left,	Turn L arm, palm facing back, and raise arm overhead head.
6, 7, 8	Step R beside L, Step L to left, Touch R beside L	Cts. B7-8: lower arm to R side & resume A1 position.

C BACK – BACK – BACK –LIFT – SHIFT – LIFT – BACK – TOGETHER – STEP – PIVOT – STEP – PIVOT

1,2,3	Step R back, Step L back, Step R back	Maintain A1 position
4	Lift L knee to 90° angle from body (<i>knee to angle is parallel with body, foot is flat at 90° angle</i>)	Extend and lift L arm to 90° angle from body, fingers closed and extended, palms down
5	Step L in place (beside right)	Return to position A1
6	Same as C4, but substitute R side	Same as C4, except substitute R side for L
7, 8	Step R back, Step L beside R	Return to position A1
9	Step R forward and turn body ¼ left [9:00]	
10	Shift weight L	
11	Step R forward and turn body ½ left [3:00]	
12	Shift weight L	

BEGIN AGAIN restart “clock” at 12:00

T TAGS (2): POINT – &/POINT – &/POINT TOUCH

1	Point R to right	Note: tag occurs twice during rec’d music; after the 4 th repetition of the dance (you will be facing the original wall, and after the 8 th repetition (you will again be facing the original wall). Tags are followed immediately by beginning the dance again on the original wall
&2	Step R beside L, Point L to left	
&3, 4	Step L beside R, Point R to right, HOLD	