STUCK ON YOU WALTZ

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MUSIC: Stuck On You      Artist: Orchestra Alec Medina   Album: Pops Of The 80's
         Music available at Amazon.com
RHYTHM: Waltz      Phase 4                Time 3:30
FOOTWORK: Opposite          Released 6/2018      Difficulty - Average

INTRO

1-4    CP DLC LD FOOT FREE WAIT:: DIAMOND TURNS::
       1-2    CP DLC Ld Foot Free Wait::
       1-4    [DIAMOND TURNS] Fwd L trng LF on the diag, cont LF trn sd R, Bk L to BJO; Bk R cont LF trn, sd L, fwd R BJO;
       5-8    CONT DIAMOND TURNS:: TURN LEFT & RIGHT CHASSE BJO; IMPETUS SEMI;
       5-6    [CONT DIAM TRNS] Fwd L trng LF on the diag, sd R, Bk L to BJO; Bk R cont LF trn, sd L, fwd R to BJO DLC;
       7      [TRN L & R CHASSE BJO] Fwd L comm LF trn, sd R/Cl L, sd & Bk R trng LF to BJO DRC;
       8      [IMPETUS SEMI] Bk L trng RF, Cl R (Heel Trn) cont RF trn, fwd L to tight Semi Lod;
       9      [SLOW SD LK] Thru R, sd & fwd L to CP, cross RIB of L trng slightly LF; (W Thru L comm LF trn, sd & Bk R cont LF trn to CP, cross LIF of R;

PART A

1-4    2 LEFT TURNS:: WHISK; WING TO S/C;
       1-2    [2 LEFT TRNS] Fwd L comm LF trn, cont LF trn sd R, Cl L; Bk R comm LF trn, sd L, Cl R to CP DLW;
       3      [WHISK] Fwd L to CP, Fwd & Sd R comm rise on ball of foot, cross LIF of R endg in tight Semi CP;
       4      [WING S/C] Fwd R, Draw L trn LRF, trn LRF to R trng upper body LF W/L sd stretch;(W Fwd L begin XIF of man comm slight LF trn, fwd R arnd Man fwd L arnd Man comp LF trn to end in a tight S/C POS;
       5-8    TELEMARK SEMI; NAT'L HOVER F'WAY; SLIP PIVOT BJO; FWD FWD LK FWD;
       5      [TELEMARK] Fwd L comm LF trn, Sd R cont LF Trn, Sd & slightly Fwd L to end in tight Semi CP Pos;
       6      [NAT'L HOVER F'WAY] Fwd R W/slight RF body trn, Fwd L trng RF W/ Slow Rise, Bk R;
       7      [SLIP PIVOT] Bk L, Bk R comm LF trn. Fwd L to BJO; (W Bk R comm LF trn pivot on ball of foot, Fwd L complete L trn, Bk R);
       8      [FWD FWD LK FWD] Fwd R, Fwd L/lik RIB of L, Fwd L;
       9-12   MANEUVER; SPIN OVERTURN; BK & CHASSE SEMI; IN & OUT RUN;
       9      [MANEUVER] Fwd R comm RF upper body trn, cont RF trn to fc ptr Sd L, Cl R;
      10     [SPIN OVERTURN]Comm RF upper body trn Bk L pivoting 7/8 RF, Fwd R between W's feet cont RF Trn, complete trn sd & bk L to fc DLW;
      11     [BK & CHASSE SEMI] Bk R, Sd L/Cl R, Sd L to SEMI LOD;
      12     [IN & OUT RUN] Fwd R comm RF trn, sd & Bk L diag lod & wall to CP, Bk R W/R Sd Ld to BJO Pos;
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PART A CONT
13-16 FINISH & OUT RUNS: THRU HOVER BJO: BACK HOVER SEMI; SLOW SD LOCK;
13 [FINISH IN & OUT RUN] Bk L trng RF, Sd & Fwd R between W's feet cont RF trn, Fwd L to SEMI;
14 [THRU HOVER BJO] Thru R, fwd L with rising action, Bk R; (W Thru L, Sd & Fwd R trng ½, fwd L to BJO;)
15 [BACK HOVER SEMI] Bk L, Bk R with rising action, rec fwd L to SEMI LOD;
16 [SLOW SD LK] REPEAT MEAS 9 OF INTRO TO DLC;

PART B

1-4 OPEN REVERSE TURN: OUTSIDE CHECK; OUTSIDE CHANGE SEMI: CHAIR & SLIP;
1 [OP REVERSE TURN] Fwd L trng LF, cont LF trn Sd R, Bk L to BJO;
2 [OUTSIDE CHECK] Bk R trng LF, Sd & Fwd L, Check Fwd R outside ptr to bjo; (W Fwd L trng LF, Sd & Bk R, check Bk L outside ptr to BJO;)
3 [OUTSIDE CHANGE SEMI] Bk L, Bk R trng LF, Sd & Fwd L to Semi LOD;
4 [CHAIR & SLIP] Check thru R w/lunge action, rec L, with slight RF body trn slp R beh L cont trn to DLC; (W Check thru L w/lunge action, rec R, swivel LF on R & step fwd L to CP fng Ptr;)

5-8 DRAG HESITATION: BK BK LK BK; IMPETUS SEMI: SLOW SIDE LK;
5 [DRAG HESITATION] Fwd L, comm LF trn Sd R cont LF trn Draw L twd R ending in BJO;
6 [BK BK LK BK] Bk L, Bk R/LF Lf, Bk R;
7 [IMPETUS SEMI] Bk L, Cl R (heel trn) cont RF trn, complete trn Fwd L in tight Semi CP;
(W comm RF upper body trn fwd R between man's feet pivoting ½ RF, Sd & Fwd L cont RF trn arnd Man brush R to L, complete trn fwd R;)
8 [SLOW SIDE LK] REPEAT MEAS 9 OF INTRO TO END DLC; NOTE: 2nd TIME THRU B CHG MEAS 8 TO PICKUP TO S/C;

REPEAT A
REPEAT B

PART C

1-4 CROSS HOVER 3X TO SEMI: ; WEAVE 3 TO BJO;
1-3 [X HOVER 3X] in S/C XLIF of R (W XRIB), Sd & Fwd R with a slight rising action, Sd & Fwd L to BJO DLC; XRIF of L, (W XLIF) Bk L, Sd & Fwd R with a slight rising action, Sd & Fwd L to BJO; XLIF of R (W XLIF), Sd & Fwd R with a slight rising action, Sd & Fwd L to end in SEMI LOD;
4 [WEAVE 3 BJO] Fwd R, Fwd L comm LF trn, cont trn Sd & Bk R to fc BJO DRC;

5-8 BK BK LK BK; IMPETUS SEMI: 2 SLOW OUTSIDE SWIVELS;
5 [BK BK LK BK] REPEAT MEAS 6 OF PART B;
6 [IMPETUS SEMI] REPEAT MEAS 7 OF PART B;
7-8 [2 SLOW OUTSIDE SWIVELS] Slow Fwd R, Tch L leading W to Swivel LF to BJO; Bk L, XRIF of L with no weight leading W to Swivel RF to Semi LOD;

9-12 CROSS HESITATION: BK BK LK BK; OUTSIDE CHG SEMI; THRU CHASSE BJO;
9 [CROSS HESITATION] Thru R, comm 3/8 LF trn on R touching Lr; (W thru L, Sd R arnd man trng LF, Cont trn Cl L to R to Bjo Pos;)
10 [BK BK LK BK] REPEAT MEAS 6 OF PART B;
11 [OUTSIDE CHG SEMI] Bk L, Bk R trng LF, Sd & Fwd L to SEMI CP; (W Fwd R, Fwd L trng LF, Sd & Fwd R to SEMI CP;)
12 [THRU CHASSE BJO] Thru R trng to fc ptr, Sd L/CL R, Sd L to BJO;
PART C CONT:
13-15 CK FWD LADY DEVELOPE; SLOW OUTSIDE SWIVEL; THRU SD CL:
   13 [CK FWD LADY DEVELOPE] Fwd R outside ptr ckg,--; (W Bk L, bring R foot up L leg, extend R Foot Fwd);
   14 [SLOW OUTSIDE SWIVEL] Bk L, cross RIF of L with no weight,--; (W Fwd R, swivel RF on R endg In SEMI CP,);
   15 [THRU SIDE CLOSE] Thru R trng fc ptr, Sd L, Cl R end feg WALL;

INTL

1-4 HOVER TELEMARK; THRU CHASSE BJO; CLOSED WING; TELEMARK SEMI;
   1 [HOVER TELEMARK] Fwd L, diag Sd & Fwd R rising slightly w/body trn 1/8 RF, Fwd L small Step to SEMI CP;
   2 [THRU CHASSE BJO] REPEAT MEAS 12 OF Part C;
   3 [CLOSED WING] Fwd R, Draw L to R w/LF upper body trn, tch L; (W Bk L, Sd R across man, Fwd L to 5/C Pos);
   4 [TELEMARK SEMI] Fwd L comm LF trn, Sd R cont LF trn, Sd & Fwd L to end in tight SEMI CP; (W Bk R comm to trn L bringing L beside R w/no weight, trn LF on R heel [HEEL TRN] Chg Weight to L, s& fwd R to tight SEMI CP);

5 SLOW SIDE LK:
   5 [SLOW SIDE LK] REPEAT MEAS 9 OF INTRO;

REPEAT A

END

1-4 OPEN REVERSE TURN; OUTSIDE CK; OUTSIDE CHG SEMI; THRU SEMI CHASSE;
   1 [OP REVERSE TRN] REPEAT MEAS 1 OF PART B;
   2 [OUTSIDE CK] REPEAT MEAS 2 OF PART B;
   3 [OUTSIDE CHG SEMI] REPEAT MEAS 3 OF PART B;
   4 [THRU SEMI CHASSE] Thru R trng to fc ptr, s& L/Cl R, s& L to SEMI LOD;

5-6 THRU TO PROMENADE SWAY; CHANGE TO OVERWAY;
   5 [THRU TO PROMENADE SWAY] Thru R, Sd & Fwd L, stretch body upward to look over jnd Lead hnds;
   6 [CHANGE TO OVERSWAY] Relaxing L knee leaving R leg extended, stretch L Sd of body to Look twd & over W cont sway (head well to L) to CP DLW;