

LUCKY YOU

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Music: Lucky You Artist: Aldo Capicchioni Album: Standards Vol 2, Track 3
Available as a single download from www.casa-musica-shop.de
Time/Speed: Time @ BPM: 2:56 @ 84 [28 MPM] as downloaded - or speed up or slow down to suit
Footwork: Opposite unless indicated (Woman's footwork in parentheses)
Rhythm/Phase: Waltz Phase 6
Degree of Difficulty: AVG
Sequence: INTRO A B A_{Mod} B END

MEAS:

INTRODUCTION

1-4 BFLY MAN FACING DRW LADY FACING DLC LEAD FEET FREE WAIT 1 MEAS ; CROSS SWIVEL LADY DEVELOPE ; FORWARD CHASSE TO SCP ; CHAIR & SLIP ;

- 1 Wait 1 meas in BFLY SCAR M fcg DRW lead feet free;
1-- 2 {**X SWVL LADY DEVELOPE**} Fwd L outsd ptr, swvl LF fc DLW BFLY BJO pt R sd ,shape L sd twd W (*W Bk R, swvl LF to fc DRC, bring L foot [w/ toe pointed down] up R leg to outsd of R knee extend L foot fwd*) ;
12&3 3 {**FWD CHASSE TO SCP**} Fwd R, fwd L/cl R, fwd L to SCP DLW (*W Bk L trng RF to fc ptr , sd R/cl L, sd & fwd R to SCP DLW*) ;
123 4 {**CHR & SLP**} Ck thru R with lun action, rec L [no rise], w/ slight LF bdy trn slp R bhd L cont trn to end CP DLC (*W Ck thru L with lun action, rec R [no rise], swvl LF on R & stp fwd L outsd M's R foot to CP DRW*) ;

PART A

1-4 DOUBLE REVERSE TO LOD ; TELEMARK TO SCP LOD ; RIPPLE CHASSE ; OPEN NATURAL ;

- 12- (12&3) 1 {**DBL REV TO LOD**} Fwd L commence LF trn, fwd & sd R cont LF trn, cont LF trn bringing L foot undr bdy tch L to R no wgt flexed knees to CP LOD (*W Bk R commence LF trn, cl L to R heel trn/cont LF trn sd & slightly bk R, XLif of R to CP RLOD*) ;
123 2 {**TELE TO SCP LOD**} Fwd L commencing to trn LF, sd R cont trn, sd & slightly fwd L to end in tight SCP LOD (*W Bk R commencing to trn LF bringing L beside R with no weight, trn LF on R heel [heel trn] & chg wgt to L, stp sd & slightly fwd R to end in tight SCP LOD*) ;
12&3 3 {**RIPPLE CHASSE**} Thru R, sd & fwd L with slight L sd stretch into R sway as you cl R to L looking to R holding sway, sd & fwd L lose sway to SCP LOD (*W Thru L, sd & fwd R with slight R sd stretch into L sway as you cl L to R looking to L holding sway, sd & fwd R lose sway to SCP LOD*) ;
123 4 {**OP NAT**} Thru R LOD commence RF trn, sd & bk L acrs LOD, continue slight RF trn to lead ptr to stp outsd bk R with R sd leading to BJO DRC (*W Thru L commence slight RF trn, fwd R between M's feet, fwd L outsd ptr with L sd leading to BJO DLW*) ;

5-8 OUTSIDE SPIN TO ; RIGHT TURNING LOCK TO SCP [DLC] ; THRU TO SLOW HINGE ; ;

- 123 5 {**OUTSD SPN**} Commence RF bdy trn toeing in with R sd lead bk L in CBMP small stp 3/8 turn to R on stp 1, fwd R in CBMP heel to toe cont RF trn, [3/8 RF trn between stps 2 & 3] sd & bk L to end in CP 1/4 RF trn on stp 3 (*W Commence RF bdy trn with L sd lead staying well in M's R arm R foot fwd in CBMP outsd ptr heel toe, L foot cl to R foot on toes of both feet 5/8 trn between stps 1 & 2, cont RF trn 1/4 between stps 2 & 3 fwd R between M's feet to end in CP 1/8 RF trn on stp 3*) ;
1&23 6 {**R TRNG LK TO SCP DLC**} Bk R twd LOD with R sd lead begin RF trn/XLif of R to fc COH, w/ L sd stretch cont RF bdy trn sd & fwd R between W's feet cont RF trn, fwd L to SCP DLC (*W Fwd L w/ L sd lead begin RF trn/XRib of L, slight R sd stretch fwd & sd L stay well into M's R arm cont RF trn, fwd R to SCP DLC*) ;
12- 7 {**THRU TO SLO HINGE**} Thru R, sd & fwd L with rise & LF bdy trn trng W LF to CP, lead W to hinge (*W Thru L, sd & fwd R, swvl LF on R*) ;
--- (1—) 8 Lower on L, -, - (*W XLib of R under body keep L sd in twd ptr, relax L knee leaving R foot pointing RLOD [head to L with shoulders almost parallel to ptr], -*) ;

9-12 HOVER EXIT TO SCP ; WEAVE TO BJO ; ; NATURAL HOVER CROSS ;

- 1-3 (123) 9 {**HVR EXIT TO SCP**} Rotate upper body RF [to lead W to take sd stp] rec R with rise, brush L to R, sd & fwd L SCP DLC (*W Fwd R commencing RF trn, sd L cont RF trn, fwd R SCP DLC*) ;
123 10 {**WEV TO BJO**} Thru R twd DLC, fwd L trng LF to CP, cont LF trn sd & bk R to BJO DRC (*W Thru L twd DLC commence LF trn, cont trn sd & slightly bk R to fc DRW, cont trn sd & fwd L to BJO DLW*) ;
123 11 Bk L twd LOD leading W to stp outsd to CBMP, bk R blending to CP trng LF, sd & fwd L to BJO DLW (*W Fwd R twd LOD outsd ptr to CBMP, fwd L twd LOD cont trn, sd & bk R to BJO DRC*) ;
123 12 {**NAT HVR X**} Fwd R DLW trng RF, sd L with L sd stretch [1/4 RF trn between stps 1 & 2], cont RF trn sd R [1/2 RF trn between stps 2 & 3 bdy trns less fcg DLC (*W Bk L trng RF, R foot closes to L heel trn with R sd stretch trng RF 3/8 between stps 1 & 2, cont RF trn sd L [3/8 RF trn between stps 2 & 3] to CP DRW*) ;

13-16		<u>WITH SYNCOPATED ENDING ; DOUBLE REVERSE TO DLW ; FORWARD RIGHT LUNGE ROLL & SLIP ; ;</u>
1&23	13	{ W/ SYNC ENDG } With R sd stretch fwd L outsd ptr in SCAR on toes/rec R with slight L sd lead, sd & fwd L, with L sd stretch fwd R on toes to BJO DLC (<i>W With L sd stretch bk R in SCAR on toes/ rec L with slight R sd lead, sd & bk R, with R sd stretch bk L to BJO DRW</i>) ;
12- (12&3)	14	{ DBL REV TO DLW } Fwd L commence LF trn, fwd & sd R cont LF trn, cont LF trn bringing L foot undr bdy tch L to R no wgt flexed knees to CP DLW (<i>W Bk R commence LF trn, cl L to R heel trn/cont LF trn sd & slightly bk R, XLif of R to CP DRC</i>) ;
12- -23	15	{ FWD R LUN ROLL & SLP } Fwd L, sd & fwd R, - (<i>W Bk R, sd & bk L, -</i>) ;
	16	Roll RF up to 3/8, rec L, slp R past L to CP DLC (<i>W Roll RF up to 3/8, rec R, fwd L to CP DRW</i>) ;

PART B

1-4		<u>REVERSE FALLAWAY & SLIP ; TELEMARK TO SCP INTO ; THROWAWAY OVERSWAY ; FALLAWAY RONDE & SLIP</u>
12&3	1	{ REV FALWY & SLP } Fwd L trng LF, bk R with L sd lead in Fallaway Position [1/4 LF trn between stps 1 & 2]/ bk L in CBMP well undr bdy in Fallaway Position [1/8 trn between stps 2 & 3 bdy trns less], trng LF slp R past L toeing in with small stp bk on R left foot stays fwd in CBMP cont LF trn 3/8 between stps 3 & 4 flex to R knee to CP DLC (<i>W Bk R, bk L with L sd lead in Fallaway Position/bk R in CBMP well undr bdy in Fallaway Position 5/8 trn LF on stp 3, cont LF trn slp L past R fwd L in CBMP into CP DRW flex to L knee</i>) ;
123	2	{ TELE TO SCP } Fwd L DLC begin LF trn, sd R cont trn, sd & fwd L to SCP DLW (<i>W Bk R begin LF trn bringing L beside R with no wgt, cont LF trn on R heel & chg wgt to L, sd & fwd R to SCP DLW</i>) ;
---	3	{ THRWY OVERSWAY } Relaxing L knee lower, LF body rotation CP allow R to pt sd & bk while keeping R sd in twd W & looking at her [with L sd stretch] CP LOD, - (<i>W Lower on R, LF body rotation relaxing R knee, sliding L foot bk undr bdy past R foot to pt bk looking well to L & keeping L sd in twd M to CP RLOD</i>) ;
123	4	{ FALWY RONDE & SLP } Quickly rise small bk R/ ronde L counterclockwise X bhd R no wgt [with R sd stretch], bk L & rise trng LF [no sway], slp bk small R stp keeping L leg extended [no sway] to CP DLC (<i>W Quickly rise trng RF small bk L /ronde R clockwise & X bhd L no wgt, bk R trng LF on the ball of R foot [thighs locked & L leg extended], con LF trn slp fwd L placing L foot near M's R foot to CP DRW</i>) ;
5-8		<u>TELESPN TO SCP ; ; WHIPLASH ; BACK WHISK ;</u>
12- (123&)	5	{ TELESPN TO SCP } Fwd L commence LF trn [with R sd stretch], fwd & sd R past ptr cont LF trn [cont R sd stretch], sd & bk L with partial wgt to fc RLOD keeping L sd in twd W [cont R sd stretch]/with partial wgt continue LF trn thru hip & upper bdy to lead W fwd (<i>W Bk R commence LF trn, bring L to R starting heel trn & gradually chg wgt to L cont LF trn, fwd R cont LF trn / [keeping R sd in twd M] fwd L</i>) ;
123	6	Transfer full wgt fwd L cont LF trn to CP, fwd & sd R past ptr cont LF trn [no sway], sd & fwd L to SCP DLW [w/ R sd stretch] (<i>W Fwd R begin LF toe spn, cont toe spn cl L, sd & fwd R [w/ L sd stretch] to SCP DLW</i>) ;
1--	7	{ WHIPLASH } Thru R trng bdy RF, pt L end BJO DLW, - (<i>W Thru L swvl LF to fc ptr, pt R end BJO DRC, -</i>) ;
123	8	{ BK WSK } Bk L, bk & sd R trng W to SCP, XLib to SCP DLW (<i>W Fwd R, fwd L trng RF, XRib to SCP DLW</i>) ;
9-12		<u>SWIVEL LADY TO DEVELOPE ; LINK TO PROMENADE ; OPEN NATURAL ; IMPETUS TO SCP ;</u>
---	9	{ SWVL LADY TO DEVELOPE } Lead W to trn to BJO, slight upper bdy trn, sway slightly to R [L sd stretch] leading W to Develope looking twd but over W (<i>W Swvl LF on R /raise L knee with toe pointed down to floor, extend leg to kick fwd outsd ptr toward DRC, lower L leg to end BJO DRC</i>) ;
1-3	10	{ LINK TO PROM } Fwd R outsd ptr rise slightly trng RF [with L sd stretch], tch L to R to CP DLW, sd & fwd L [with R sd stretch] to SCP DLW (<i>W Bk L trng RF, tch R to L, fwd R to SCP DLW</i>) ;
123	11	{ OP NAT } Thru R DLW commence RF trn, sd & bk L acrs LOD, continue slight RF trn to lead ptr to stp outsd bk R with R sd leading to BJO DRC (<i>W Thru L commence slight RF trn, fwd R between M's feet, fwd L outsd ptr with L sd leading to BJO DLW</i>) ;
123	12	{ IMP TO SCP } With soft or flexed knees throughout bk L commence RF trn, cl R to L [heel trn] cont RF trn, comp trn sd & fwd L to SCP DLC (<i>W With soft or flexed knees throughout fwd R outside M's feet commence RF trn, fwd & sd L cont RF trn around M brush R to L, comp trn fwd R to SCP DLC</i>) ;
13-16		<u>WEAVE 3 ; BACK PREPARATION MAN FACE COH ; SAME FOOT LUNGE ; HOVER EXIT TO BJO ;</u>
123	13	{ WEV 3 } Thru R, sd & fwd L twd DLC commence LF trn, cont trn sd & slightly bk R to BJO DRC (<i>W Thru L twd DLC, commence LF trn sd & bk R to fc DRW, cont trn sd & fwd L to BJO DLW</i>) ;
1-- (12-)	14	{ BK PREP M FC COH } Bk L twd LOD trng RF to fc COH, tch R to L in SCP, - (<i>W Fwd R outsd ptr begin RF trn, continue RF trn to SCP cl L to R, -</i>) ;
1--	15	{ SAME FOOT LUN } Sd & slightly fwd R strongly flex knee & looking R [with R sd stretch], -, - (<i>W Bk R well undr bdy strongly flex knee & trng bdy LF to look well to L, -, -</i>) ;
		OPTION: Chg sway on count 2 chg bk on count 3
-23 (123)	16	{ HVR EXIT TO BJO } Rise on R leading W to recover [no weight chg], fwd L rising & trng W to BJO, rec R to BJO RLOD (<i>W Rec on L, fwd R trng LF brush L to R, fwd L to BJO LOD</i>) ;

PART A MODIFIED

- 1-4** **HESITATION CHANGE ; TELEMARK TO SCP LOD ; RIPPLE CHASSE ; OPEN NATURAL ;**
 12- 1 **{HES CHG DLC}** Bk L trng RF, cont RF trn sd R DLW, draw L to R end CP DLC (*W Fwd R trng RF, cont RF trn sd L DRW, draw R to L end CP DRW*) ;
- 2-4 Repeat Part A meas 3-4 ; ; ;
- 5-8** **OUTSIDE SPIN TO ; RIGHT TURNING LOCK TO SCP [DLC] ; THRU TO SLOW HINGE ; ;**
 5-8 Repeat Part A meas 5-8 ; ; ; ;
- 9-12** **HOVER EXIT TO SCP ; WEAWE TO BJO ; ; NATURAL HOVER CROSS ;**
 9-12 Repeat Part A meas 9-12 ; ; ; ;
- 13-16** **WITH SYNCOPATED ENDING ; DOUBLE REVERSE TO DLW ; FORWARD RIGHT LUNGE ROLL & SLIP ; ;**
 13-16 Repeat Part A meas 13-16 ; ; ; ;

REPEAT B**END**

- 1-4** **OUTSIDE SPIN & TWIST TO SCP ; ; RUNNING OPEN NATURAL ; RISING LOCK ;**
 123& 1 **{OUTSD SPN & TWST TO SCP}** Toeing in [with R sd lead] bk L toward LOD pivoting, fwd R to LOD cont RF pivot to fc RLOD, sd L/hook R in back end CP RLOD (*W Begin RF body trn [with L side lead] fwd R DLW outsd ptr pivoting RF, bk L toward LOD continue RF pivot, cl R to L to CP LOD/fwd L trng RF around ptr*) ;
- -3 2 Unwind RF changing wgt to R [no sway], cont trng RF [no sway] rise on R, fwd L to SCP DLC (*W Fwd R arnd M, fwd L trng RF, fwd R to SCP DLC*) ;
 (123)
- 12&3 3 **{RUNNING OP NAT}** Thru R commence RF trn, sd & bk L with L sd stretch [3/8 RF trn between stps 1 & 2]/bk R with R sd lead preparing to lead W outsd ptr [1/8 RF trn between stps 2 & 3], with slight R sd stretch bk L to BJO DRW (*W Thru L commence RF trn staying well into M's R arm with slight R sd stretch fwd R/fwd L with L sd lead preparing to stp outsd ptr, with L sd stretch fwd R outsd ptr to BJO DLC*) ;
- 123 4 **{RISING LK}** Back R commence LF trn, sd & fwd L [3/8 LF trn between stps 1 & 2 bdy trns less], XRib of L bdy comp trn CP DLC (*W Fwd L commence LF trn, sd & bk R [1/4 LF trn between stps 1 & 2], XLif of R [1/8 LF trn between stps 2 & 3] CP DRW*) ;
- 5-8** **DOUBLE REVERSE TO DLW ; SLOW CONTRA CHECK ; ROLL TO OVERSWAY ; LINK TO PROMENADE ;**
 12- 5 **{DBL REV TO DLW}** Fwd L trng LF, fwd & sd R cont LF trn, cont LF trn bringing L foot undr bdy tch L to R no wgt flexed knees to CP DLW (*W Bk R commence LF trn, cl L to R heel trn/cont LF trn sd & slightly bk R, XLif of R to CP DRC*) ;
 (12&3)
- 1-- 6 **{SLO CONTRA CK}** Flexing R knee fwd L acrs thighs leading with R shldr [in CBMP] looking at W, -, - (*W Flexing L knee lower bk R across thighs leading with L shoulder [in CBMP] looking well to L, -, -*) ;
- 12- 7 **{ROLL TO OVRSWAY}** Start RF body rotation shifting weight to R chg sway to R sd stretch turn head to L, shift weight to L strong sway toward RLOD, leave R extended, chg sway to L sd stretch oversway trn head to R (*W Start RF body rotation keep head well to left shift weight to L chg sway to SCP looking RF, shift weight to R soften L leg, chg sway to oversway head looking LF*) ;
- 1-3 8 **{LINK TO PROM}** Cl R looking RF, rise with R sd stretch [head trns LF with R sd stretch], fwd L to SCP DLW (*W Cl L looking LF, rise with L sd stretch [head trns RF with L sd stretch], fwd R to SCP DLW*) ;
- 9-10** **THRU TO HINGE INTO CUDDLE POSITION ; LADY EXTEND BOTH ARMS ;**
 12- 9 **{THRU TO HINGE INTO CUDDLE POS}** Thru R, sd & fwd L trng LF to CP, lead W to hinge relax L knee (*W Thru L, sd & fwd R trng LF XLib of R keeping L sd in twd ptr relaxing L knee R foot pointing DRC head to L*) ;
 (123)
- 10 **{LADY EXTEND BOTH ARMS}** Lower arms to Cuddle position supporting W's back, -, - (*W Extend both arms out to sides, raise arms up over head cross R arm in front of L, rotate palms & arms then lower in sunburst end with both arms extended down toward floor*) ;