

STUCK ON YOU WALTZ

CHOREO: Shirley & Don Heiny 1514 Coco Palm Dr. Harlingen, Tx. 78552
Phone (574) 870-1994 E-Mail shheiny@hotmail.com

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

SEQUENCE: INTRO-A-B-A-B-C-INTL-A-END

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;

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 LIB of R endg in tight Semi CP;

4 [WING S/C] Fwd R, Draw L twd R, tch L 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 & slighty 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/lk 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;

STUCK ON YOU WALTZ

PG 2

Shirley & Don Heiny

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, w/slight LF body trn slip 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 fcg Ptr;)

5-8 DRAG HESTITATION; BK BK LK BK; IMPETUS SEMI; SLOW SIDE LK;

- 5 [DRAG HESTITATION] 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/lk LIF, 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 XLIB) sd & Fwd L with a slight rising action, sd & fwd R 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 HESTITATION; BK BK LK BK; OUTSIDE CHG SEMI; THRU CHASSE BJO;

- 9 [CROSS HESTITATION] Thru R, comm 3/8 LF trn on R touching L,-; (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;

STUCK ON YOU WALTZ
Shirley & Don Heiny

PG 3

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 fcg WALL;

INTL

1-4 HOVER TELEMAR; THRU CHASSE BJO; CLOSED WING; TELEMAR SEMI;

- 1 **[HOVER TELEMAR]** 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 S/C Pos;)
- 4 **[TELEMAR 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, sd & 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, sd L/Cl R, sd 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;

**STUCK ON YOU WALTZ
QUICK CUES**

INTRO – CP DLC WAIT;; DIAM TRNS;;; TRN L & R CHASSE BJO; IMPETUS SEMI; SLOW SD LK;

A – 2 LEFT TRNS;; WHISK; WING TO S/C; TELEMAR SEMI; NAT'L HOVER F'WAY; SLIP PIVOT BJO; FWD FWD LK FWD; MANUVER; SPIN OVERTURN; BK & CHASSE SEMI; IN & OUT RUN;; THRU HOVER BJO; BK HOVER SEMI; SLOW SD LK;

B – OPEN REVERSE TRN; OUTSIDE CK; OUTSIDE CHANGE SEMI; CHAIR & SLIP; DRAG HESTI; BK BK LK BK; IMPETUS SEMI; SLOW SD LK;

REPEAT A

REPEAT B

C – CROSS HOVER 3X SEMI;;; WEAVE 3 BJO; BK BK LK BK; IMPETUS SEMI; 2 SLOW OUTSIDE SWIVELS;; CROSS HESTI; BK BK LK BK; OUTSIDE CHG SEMI; THRU CHASSE BJO; CK FWD LADY DEVELOPE; SLOW OUTSIDE SWIVEL; THRU SD CL;

INTL – HOVER TELEMAR; THRU CHASSE BJO; CLOSED WING; TELEMAR SEMI; SLOW SD LK;

REPEAT A

END – OPEN REV TRN; OUTSIDE CK; OUTSIDE CHG SEMI; THRU SEMI CHASSE; THRU TO PROM SWAY; CHG TO OVERSWAY;