Hi Lili, Hi Lo

Choreographer: Chuck & Sandi Weiss, 2550 S Ellsworth Rd, Mesa, AZ 85209 (480) 830-9251 E-Mail (Cweiss11@cox.net)
CD:  Shelby Flint (The Quiet Girl), Track 10  Artist: Shelby Flint  Available from ITunes, Amazon & Others
Rhythm:  Waltz  RAL Phase II +1 [Hover]  
Footwork:  Opposite unless noted (Woman's Footwork in parentheses)
Timing:  Standard RAL Waltz unless noted.  Time @ 45 RPM: 2:25 (Slow for Comfort)  Difficulty Level - Easy
Sequence:  Intro-A-B-Int-A-B-End  
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Meas

INTRODUCTION

1 - 4  CP FCNG LOD WAIT 2;; DIP & HOLD*; REC CP/DLC, TCH;
   1 - 2  OP Feng Wall lead ft free wait 2 meas;;
   3 - 4  [Dip] Bk L take full weight with the knee relaxed or slightly bent with slight body twist keeping R leg extended with the knee and ankle forming a straight line from the hip and the toe remaining on the floor, -,-;
   [Rec, Tch] Rec R, draw L to R to CP/DLC, -;

PART A

1 - 4  TWO LEFT TRNS FC WALL;; HOVER; THRU, FC, CL;
   1 - 2  [2 Lft Trns] Fwd L commence LF trn, continue trn sd R diagonally across LOD trng LF to fc DRC, cl L to R; bk R continue LF trn, continue trn sd L to ft; Wall, cl R to L (Bk R commence LF trn, continue trn sd L twd LOD fc DLW, cl R to L; fwd L continue LF trn, continue trn sd R diagonally across LOD trng LF, cl L to R;) CP/Wall;
   3 - 4  [Hover] Fwd L, fwd & sd R w/wise, rec L to SCP;
   [Thru, Fc, Cl] Thru R, fwd L trng to ft; wall, cl R to L to CP/WALL;

5 - 8  CANTER 2X;; TWIRL VINE 3; PU/DLC, SD, CL;
   5 - 6  [Canter 2X] Sd L, draw R to L, cl R; Sd L, draw R to L, cl R to BFLY;
   7 - 8  [Twirl Vine 3] Sd L, XRIB, sd L (Sd R commence RF trn, sd & fwd L continue RF trn, sd R to fc ptr);
   [PU, Sd, Cl] Thru R commencing lf trn to fc LOD, sd L, Cl R to L (Thru L trng LF, sd R to fc ptr, cl L to R;) CP/DLC;

9 - 12  TWO LEFT TRNS FC WALL;; HOVER; THRU, FC, CL;
   9 - 10  [2 Lft Trns] Repeat Meas 1 & 2, Part A;
   11-12  [Hover] Repeat Meas 3, Part A; [Thru, Fc, Cl] Repeat Meas 4, Part A;

13 - 16  CANTER 2X;; TWIRL VINE 3; PU/LOD, SD, CL;
   13 - 14  [Canter 2X] Repeat Meas 5 & 6, Part A;

PART B

1 - 4  LEFT TRNG BOX TO SCAR;;;
   1 - 2  [Lft Trng Box] Fwd L trn ¼ LF, sd R, cl L to R; Bk R trng ¼ LF, sd L, cl R to L;
   3 - 4  Fwd L trn ¼ LF, sd R, cl L to R; Bk R trng ¼ LF, sd L, cl R to L trng slightly RF to SCAR;

5 - 8  PROG HOVERs 3X TO SCP;;; PU/LOD, SD, CL;
   5 - 6  [2 Prog Cross Hovers] In SCAR fwd L with slight crossing action commencing to rise & beginning a 1/4 LF trn, sd & slightly fwd R continuing to rise & completing the 1/4 LF trn, diagonally fwd to BJO lowering at end of stp (In SCAR bk R with slight crossing action commencing to rise in body & beginning a 1/4 LF trn, sd & slightly bk L continuing to rise & completing the 1/4 LF trn, diagonally bk R to BJO lowering at end of stp); In BJO fwd R with slight crossing action commencing to rise & beginning a 1/4 RF trn, sd & slightly fwd L continuing to rise & completing the 1/4 RF trn, diagonally fwd R to SCAR lowering at end of stp (In BJO bk L with slight crossing action commencing to rise in body & beginning a 1/4 RF trn, sd & slightly bk R continuing to rise & completing the 1/4 RF trn, diagonally bk L to SCAR lowering at end of stp);
   7 - 8  [Cross Hover to SCP] In SCAR fwd L with slight crossing action commencing to rise & beginning a slight RF upper body trn, sd & slightly fwd R continuing to rise & completing the 1/4 LF trn, diagonally fwd L to SCP lowering at end of stp (In SCAR bk R with slight crossing action commencing to rise in body & beginning a strong
RF upper body trn, sd & slightly bk L continuing to rise & completing the 1/4 LF trn, diagonally fwr R to SCP lowering at end of srt; [PU/LOD, Sd, C] Repeat Meas 8, Part A to CP/LOD;

9 - 12 LEFT TRNG BOX TO SCAR;;;;
9 - 12 [Lft Trng Box] Repeat Meas 1 – 4, Part B;;;

13 – 16 PROG HOVERS 3X TO SCP;;; [PU/LOD, SD, CL];
13 – 14 [2 Prog Cross Hovers] Repeat Meas 5 & 6, Part B;
15 – 16 [Cross Hover SCP] Repeat Meas 7, Part B; [PU/LOD, Sd, Cl] Repeat Meas 8, Part A to CP/LOD;

INTERLUDE
1 - 4 BOX;; DIP BK & HOLD*; REC, SD, CL SCAR;
1 – 2 [Box] Fwd L, sd R, cl L to R; Bk R, sd L, cl R to L;
3 – 4 [Dip] Bk L take full weight with the knee relaxed or slightly bent with slight body twist keeping R leg extended with the knee and ankle forming a straight line from the hip and the toe remaining on the floor, -,-;
[Rec, Sd, Cl SCAR] Rec R, small sd L commence slight RF trn to SCAR, cl R (Rec L, cl R to L commence slight RF trn to SCAR, cl L);

5 - 8 TWINKLE BJO; MANUV; 2 RT TRNS FC DLC;;
5 – 6 [Twinkle BJO] Fwd L commence LF trn, sd R continue trn to BJO, cl L to R; [Manuv] In BJO fwr right commence RF upper body trn, continue RF trn to fwr ptr sd L, cl R to L CP/RLOD (In BJO bk L commence RF upper body trn, continue RF trn to fwr ptr sd R, cl L to R CP/RLOD);;
7 – 8 [2 Rt Trns] Bk L commence RF trn, continue trn sd R twd LOD, cl L fwr COH; continue RF trn fwr R, continue trn sd L to Fc DLC, cl R (Fwd R commence RF trn, continue trn sd L LOD, cl R; continue RF trn bk L, continue trn sd R twd COH, cl L to fwr DRW);

REPEAT A

REPEAT B

END
1 - 4 BOX;; DIP BK & HOLD*; REC, SD, CL SCAR;
1 – 2 [Box] Repeat Meas 1 & 2, Interlude;
3 – 4 [Dip] Repeat Meas 3, Interlude; [Rec, Sd, Cl SCAR] Repeat Meas 4, Interlude;;

5 - 8 TWINKLE BJO; FWD, FC, CL; DIP*, TWIST, ETC;;
5 – 6 [Twinkle Bjo] Repeat Meas 5, Interlude; [Fwd, Fc, Cl] Fwr R commencing RF trn, sd & fwr L to fwr ptr & wall, cl R to L;
7 – 8 [Dip] Repeat Meas 3, Interlude; [Twist, Etc] Continue slight LF rotation, (Optional Leg Crawl & Kiss)-,-;

* Leg Crawls are encouraged at every Dip.
QUICK CUES

Hi Lili Hi Lo
(Phase II + 1 - Waltz)
(Hover)
(Weiss)

Intro  CP/LOD Wait 2;; Dip & Hold; Rec CP/DLC;

A
  2 Lft Trns Fe Wall;; Hover; Thru, Fe, Cl;
  Canter 2X;; Twirl Vine 3; PU/DLC;
  2 Lft Trns Fe Wall;; Hover; Thru, Fe, Cl;
  Canter 2X;; Twirl Vine 3; PU/LOD;

B
  Lft Trng Box to SCAR;;;
  Prog X Hovers to SCP;;; PU LOD;
  Lft Trng Box to SCAR;;;
  Prog X Hovers to SCP;;; Thru, Fe, Cl;

Int  Box;; Dip Bk & Hold; Rec SCAR;
     Twinkle Bjo; Manuv; 2 Rt Trns Fe DLC;;

A
  2 Lft Trns Fe Wall;; Hover; Thru, Fe, Cl;
  Canter 2X;; Twirl Vine 3; PU/DLC;
  2 Lft Trns Fe Wall;; Hover; Thru, Fe, Cl;
  Canter 2X;; Twirl Vine 3; PU/LOD;

B
  Lft Trng Box to SCAR;;;
  Prog X Hovers to SCP;;; PU LOD;
  Lft Trng Box to SCAR;;;
  Prog X Hovers to SCP;;; Thru, Fe, Cl;

End  Box;; Dip Bk & Hold; Rec SCAR;
     Twinkle BJO; Fwd, Fe, Cl; Dip, Twist, Etc;