MY OWN LOVELY LEE

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Music: The Banks Of My Own Lovely Lee    Artist: Innisfree Ceoil   CD Album: Celtic Airs Volume 1, Track 14
Available as a single download from amazon.com

Time/Speed: Time @ MPM: 3:24 @ 30 as downloaded
Footwork: Opposite unless indicated (Woman's footwork in parentheses)
Rhythm/Phase: Waltz Phase 5-2 [Same foot lunge, Throwaway oversway]
Degree of Difficulty: AVG

MEAS:

5-8
INTRODUCTION

NOTE: Meas 3-7 are danced to music. Meas 3, 5, & 6 begin [stps 1 & 2] with 2 PU notes from previous meas.
1 {WAIT}  BFLY M lunge ptr & WALL wait PU notes & 1 meas ;
2 {WAIT 2 BEATS START SYNC TWSTY VIN 6}  -, -, Sd L with slight RF body trn/ XRif (W -, -, Sd R with slight RF body trn/ XLib) ;  [Timing: 1,-,3&]
3 {CONTINUE SYNC TWSTY VIN 6}  Sd L with slight LF body trn, XRif, &/sd L with slight RF body trn (W Sd R with slight LF body trn, XLib, &/sd R with slight RF body trn) ;  [Timing: 1,2,-&]
4 {FINISH STP 6 & HOLD [1 BEAT] START SYNC TWSTY VIN 3}  XRif, -, Sd L with slight LF body trn/XRif (W XLib, -, Sd R with slight LF body trn/XLib ) ;  [Timing:1,-,3&]

5-8 SYNCOPATED TWISTY VINE 3 & HOLD ; SYNCOPATED TWISTY VINE 6 TO SCP & HOLD ;  CHAIR & SLIP ;
5 { FINISH SYNC TWSTY VIN 3 & HOLD [1 BEAT] START SYNC TWSTY VIN 6}  Sd L with slight RF bdy trn, -, XRif/sd L with slight LF bdy trn (W Sd R with slight RF bdy trn, -, XLib/sd R with slight LF bdy trn) ;  [Timing: 1,-,3&]
6 {CONTINUE SYNC TWSTY VIN 6}  XRif, sd L with slight RF body trn, XRif (W XLib, sd R with slight RF body trn, XLib) ;  [Timing: 1,2,3]
7 { FINISH STP 6 TO SCP & HOLD [2 BEATS]}  Sd L blend to SCP LOD, -, -(W Sd R blend to SCP LOD, -, -) ;
8 {CHR & SLP DLC}  Ck thru R with lunge action, rec L [no rise], with LF upper body trn slp R bhd L cont trn to end fng CP DLC (W Ck thru L with lunge action, rec R [no rise], swvl LF on R & stp fwd L outsd M's R foot to CP DRW) ;

PART A

1-4 OPEN REVERSE ; OPEN FINISH ; HOVER TELEMARK ; OPEN NATURAL ;
1 {OP REV}  Fwd L trng LF 1/8 to 1/4, cont LF trn sd R, bk L to BJO RLOD (W Bk R trng L 1/8 to 1/4, cont LF trn sd L, fwd R to BJO LOD) ;
2 {OP FIN}  Bk R trng LF, sd & fwd L, fwd R outsd ptr to BJO DLW (W Fwd L trng LF, sd & bk R, bk L to BJO DRC) ;
3 {HVR TELE}  Blend to CP fwd L, DIAG sd & fwd R rising slightly with body trngng 3/8 RF, fwd L small stp on toes to SCP DLW (W Bk R, DIAG sd & bk L with hovering action & body trngng 5/8 RF, fwd R small stp on toes to SCP DLW) ;
4 {OP NAT}  Commence RF upper body trn fwd R heel to toe, sd L acrs LOD, cnt slight RF body trn to lead ptr to stp outsd bk R with sd leading to BJO DRC (W Thru L, fwd R to CP, fwd L with CBM to BJO DLW) ;

5-8 BACK BACK/LOCK BACK ; BACK TURNING WHISK ; LADY SWIVEL & DEVELOPE ; CLOSED WING ;
5 {BK BK/LK BK}  Bk L, bk R/lk Lif of R, bk R (W Fwd R, fwd L/kk Rib of L, fwd L) ;
6 {BK TRNG WSK}  Bk L ptr outside, trng RF sd & bk R small step, cont trng RF X L bhd R to right SCP DLC (W Fwd R outside ptr, trng RF staying in M's R arm sd & fwd L cont RF trn with L sd stretch, X R bhd L in tight SCP DLC) ;
7 {LADY SWVL & DEVELOPE}  With no weight chg swivel LF on L commence rotating upper body LF dragging R bk, cont rotating upper body LF with sway to right pointing R bk, extend body with sway to right (W Swivel LF on ball of R ending BJO, lift L knee up R leg so L foot is near R knee, extend L foot fwd with sway to left looking well left) ;
8 {CL WING}  Fwd R outsd ptr, draw R to rotating upper body LF, cont rotate upper body LF tch L to L SCAR DLC (W Bk L, sd R in front of M, fwd L outside ptr with right shoulder lead to SCAR DRW) ;

9-12 DOUBLE REVERSE TO DLW ; WHISK ; THRU SCP CHASSE ; WING ;
9 {DBL REV}  Fwd L commence LF trn, sd R [3/8 LF trn between stps 1 & 2], spn up to 1/2 LF between stps 2 & 3 on ball of R bringing L foot undr body beside R no weight flexed knees to CP DLW (W Bk R commence LF trn, cl L foot to R heel turn turning 1/2 LF between stps 1 & 2/sd & slightly bk R cont LF trn, XLib of R CP DRC) ;
10 {WSK}  Fwd L, fwd & sd R commencing rise to ball of foot, XLib of R cont to full rise on ball of foot endg in tight SCP (W Bk R, bk & sd L commencing to rise to ball of foot, XRif of L cont to full rise on ball of foot endg in a tight SCP) ;
11 {THRU SCP CHASSE}  Thru R remaining in SCP, side & fwd L/cl R, side & fwd L (W Thru L remaining in SCP, sd & fwd R/cl L, sd & fwd R) ;
12 {WING}  Fwd R commence trng upper part of body LF with L sd stretch, draw L twd R, tch L to R SCAR DLC (W Fwd L beginning to Xf of M commence trng slightly LF, fwd R arnd M cont to trn slightly LF, fwd L arnd M comp slightly LF trn to end in a tight SCAR DRW) ;

13-16 TURN LEFT & RIGHT CHASSE TO BJO ; OUTSIDE CHANGE TO SCP ; WHIPLASH ; SLOW OUTSIDE SWIVEL TO SCP ;
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13. {TRN L & R CHASSE TO BJO} Fwd L begin LF upper body trn, sd R cont LF trn /cl L, sd R comp trn to BJO DRC (W Bk R begin LF upper body trn, sd L cont trn LF/cl R, sd L comp trn to BJO DLW) ;

14. {OUTSD CHG TO SCP} Bk L, bk R trng LF, sd & fwd L to SCP DLW (W Fwd R, fwd L trng LF, sd & fwd R to SCP) ;

15. {WHIPLASH} Thru R, trng body LF point L hold endg in BJO, - (W Thru L, swvl on L to fc ptr & point R hold endg in BJO, -) ;

16. {SLO OUTSD SWL TO SCP} Bk L in CBMP, XRif of L with no weight commence RF body trn to lead W to swvl SCP LOD, - (W Fwd R outside ptr, swvl RF on ball of R foot endg in SCP LOD, -) ;

PART B

1-4. OPEN NATURAL ; IMPETUS TO SCP ; SLOW SIDE LOCK ; TELEMARK TO BJO ;

1. {OP NAT} Same as Part A meas 4 ;

2. {IMP TO SCP} With soft or flexed knees throughout commence RF upper body trn bk L, cl R [heel turn] cont trn to LOD, fwd L in tight SCP DLC (W with soft or flexed knees throughout commence RF upper body trn fwd R, between M's ft heel to toe ptvgl 1/2 RF, sd & fvd L cont trn ftvgl R, Rf clmpd LP clmpd left brush R to L, fvd R to SCP DLC) ;

3. {SLO SD LK} Thru R, sd & fwd L to CP, XRif of L trng slightly LF to CP DLC (W Thru L starting LF trn, sd & bk R cont LF trn to CP, XLif of R to CP DRW) ;

4. {TELE TO BJO} Fwd L commencing LF trn, sd R cont LF trn, sd & fwd R to tight BJO DLW (W Bk R commencing LF trn bringing L beside R with no weight, trn LF on R heel [heel turn] & chg weight to L, bk & sd R to tight BJO DLW) ;

5-8. CURVED FEATHER CHECKING ; NATURAL PREPARATION FACE COH ; SAME FOOT LUNGE & CHANGE SWAY ; HOVER CORTE [MAN IN 2] TO BJO ;

5. {CRVD FTHR CKG} Fwd R outsdt ptr DLW curving RF, with L sd stretch cont RF trn sd & fvd L, cont body trn to R with L sd trng fvd R outsdt ptr to SCP DRW (W Bk L curving RF ptr outside, stng well in M's R arm with R sd stretch cont RF trn bk R, cl R body trn with R sd stretch bk L to BJO DLC) ;

6. {NAT PREP FC COH} Bk L with RF body trn to fc COH, bring R to L no weight chg, - (W Fwd R, RF trn to fc RLOD, cl L to R) ;

7. {SAME FOOT LUN & CHG SWAY} Sd & slightly fvd R looking R [with R sd stretch] (W Bk R well undr body trnng LF body & looking well to L), [without weight chg] chg stch of body & head position to look L, - (W [without weight chg] chg stretch of body & head position to look R, -) ;

8. {HVR CORTE [MAN IN 2] TO BJO} Rec sd & fvd L to RLOD, LF body trn rise no weight chg, rec R endg BJO RLOD (W Rec fvd L, fvd R trng LF & rise, fvd L to BJO LOD) ;

9-12. OUTSIDE SPIN TO RLOD ; RIGHT TURNING LOCK TO SCP LOD ; IN AND OUT RUNS ;

9. {OUTSD SPN TO RLOD} In BJO commence RF body trn toeing in with R sd lead bk L in CBMP small stp 3/8 trn to R on stp 1, cont RF trn fvd R in CBMP heel to toe, comp RF trn sd & bk L to CP RLOD (W Commence RF body trn with L sd lead well stng in M's R arm fvd R outside ptr heel to toe, cl L to R on toes of both feet 5/8 trn between stps 1 & 2, cont to trn RF 1/4 between stps 2 & 3 fvd R between M's feet to end in CP RLOD 1/8 RF trn on stp 3) ;

10. {R TRNG LK TO SCP} Bk R bkg LOD with R sd lead cont trn RF trn bk R to SCP LOD, with slight R sd stretch cont RF trn sd & fvd R between W's feet cont RF trn, fvd L to SCP LOD (W Fwd L with L sd lead commenced RF trn/XRib of L, with slight R sd stretch fvd L & sd L stng well into M's R arm cont RF trn, fvd R to SCP LOD) ;

11. {I/O RUNS} Commence RF trn fvd R, sd & bk L to CP, bk R with R sd leading to BJO (W Fwd L, fvd R between M's feet, fvd L outsdt ptr with L sd leading to BJO, -) ;

12. Bk L trng RF, sd & fvd R between W's feet cont RF trn, fvd L to SCP LOD (W Fwd R commence RF trn, fvd & sd R cont RF trn, fvd L to SCP LOD) ;

13-16. CHAIR & SLIP ; TELEMARK TO SCP ; THRU TO HINGE ; RISE MAN CLOSE ;

13. {CHR & SLP} Same as Introduction meas 8 except start from SCP LOD ;

14. {TELE TO SCP} Fwd L commence LF trn, fvd & sd R cont LF trn, sd & fvd L to SCP DLW (W Bk R commence LF trn bringing L beside R, trn RF on right heel [heel trn] & chg weight to L, sd & slightly fvd R to tight SCP DLC) ;

15. {THRU TO HINGE} Thru R, sd & fvd L trng LF to CP, lead W to hinge commence to relax L knee (W Thru L, sd & fvd R trng LF XRib of L keeping L sd in tbd ptr relaxing L knee R foot pointing RLOD head to L) ;

16. {RISE M CL} Commence to rise leading W to cut out of hinge, trng slightly LF to CP LOD, cl R to L (W Commence to rise, trng slightly RF, touch R beside L to CP RLOD) ;

PART C

1-4. VIENNESE TURNS TWICE ;

1. {VIEN TRNS} Fwd L commence LF trn, sd R cont LF trn, XRib R CP RLOD (W Bk R commence LF trn, sd L cont LF trn, cl R to L CP LOD) ;

2. Bk R cont LF trn, sd L cont LF trn, cl R to L CP LOD (W Fwd L cont LF trn, sd R cont LF trn, XRib of R CP RLOD) ;

3-4. {VIEN TRNS} Same as Part C meas 1-2 ;

5-8. DRAG HESITATION ; OUTSIDE CHANGE TO SCP ; THRU TO PROMENADE SWAY ; CHANGE TO OVERSWAY ;

5. {DRAG HES} Fwd L commencing LF trn, sd R cont LF trn, draw L twd R endg in BJO DRC (W Bk R commencing LF trn, sd L cont LF trn, draw R twd L endg in BJO DLW) ;

6. {OUTSD CHG TO SCP} Same as Part A meas 14 ;
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7. **THRU TO PROM SWAY**} Thru R between ptrs, sd & fwd L trng to SCP LOD & stretching L sd slightly upward to look over joined lead hands, - (W Thru L between ptrs, sd & fwd R trng to SCP LOD & stretching R sd slightly upward to look over joined lead hands, -);

8. **CHG TO OVSWAY** Relax L knee while leaving R leg extended & stretching L sd of body looking to R over W's head, -, - (W Relax R knee leaving L leg extended & stretching R sd looking well to the L, - -);

9-13. **RECOVER OUTSIDE SWIVEL ; IN & OUT RUNS ; ; WEAVE TO BJO ; ;** Straighten L knee & rec bk R in CBMP, bk L trng body RF, allow R to draw bk slightly in front of L SCP LOD (W Straighten R knee & rec fwd L in CBMP, fwd R, swvl RF on ball of R foot endg in SCP LOD);

10-11. **I/O RUNS** Same as Part B meas 11-12 except end SCP DLC ; ;

12. **WEV TO BJO** Fwd R DLC, fwd L commence LF trn, cont trn sd & slightly bk R to fc DRC (W Fwd L DLC commence LF trn, cont trn sd & slightly bk R to fc DRW, cont trn sd & fwd R to SCP LOD);

13. Bk L LOD leading W to stp outsfd to CBMP, bk R cont LF trn, sd & slightly bk R to end fcg BJO DRC)

14-16. **MANEUVER ; SPIN TURN ; BOX FINISH [DLC] ;**

14. **MANUV** Fwd R commence RF body trn, cont RF trn to fc ptr sd L, cl R to CP RLOD (W Bk L commence RF body trn, cont RF trn to fc ptr sd R, cl L to CP LOD);

15. **SPN TRN** Commence RF body trn bk L pvtg 1/2 RF to fc LOD, fwd R between W's feet heel to toe cont trn leaving L leg extended bk & sd, comp trn rec sd & bk L CP DLW (W Commence RF body trn fwd R between M's feet heel to toe pvtg 1/2 RF, bk L toe cont trn brush R to L, comp trn sd & fwd R to CP DRC);

16. **BOX FIN** Bk R commence LF trn, sd L, cl R CP DLC (W Fwd L commence LF trn, sd R, cl L to CP DRW);

14-16. **MANEUVER ; SPIN TURN ; BOX FINISH [DLC] ;**

14. **MANUV** Fwd R commence RF body trn, cont RF trn to fc ptr sd L, cl R to CP RLOD (W Bk L commence RF body trn, cont RF trn to fc ptr sd R, cl L to CP LOD);

15. **SPN TRN** Commence RF body trn bk L pvtg 1/2 RF to fc LOD, fwd R between W's feet heel to toe cont trn leaving L leg extended bk & sd, comp trn rec sd & bk L CP DLW (W Commence RF body trn fwd R between M's feet heel to toe pvtg 1/2 RF, bk L toe cont trn brush R to L, comp trn sd & fwd R to CP DRC);

16. **BOX FIN** Bk R commence LF trn, sd L, cl R CP DLC (W Fwd L commence LF trn, sd R, cl L to CP DRW);

**REPEAT PART A**

**PART B Modified**

1-4. **OPEN NATURAL ; IMPETUS TO SCP ; SLOW SIDE LOCK ; TELEMARK TO SCP ;**

5-8. **CURVED FEATHER CHECKING ; NATURAL PREPARATION FACE COH ; SAME FOOT LUNGE & CHANGE SWAY ; HOVER CORTE TO BJO ; ;**

9-12. **OUTSIDE SPIN TO DRW ; RIGHT TURNING LOCK TO SCP ; IN AND OUT RUNS ; ;**

13-16. **CHAIR & SLIP ; TELEMARK TO SCP ; TELE CHASSE TO BJO ; MANEUVER ;**

13-14. **CHR & SLP} TELE TO SCP} Same as Part B meas 13-14 ; ;

15. **THRU CHASSE TO BJO} Thru R remaining in SCP, side & fwd L/cl R, sd L to BJO LOD (W Thru L remaining in SCP, sd & fwd R/cl L, commence LF trn sd & bk R to BJO RLOD) ;

16. **MANUV** Same as Part C meas 14 ;

**END**

1-4. **SPIN TURN OVERTURNED TO DRW ; RIGHT TURNING LOCK TO SCP ; RUNNING OPEN NATURAL ; BACK WITH RISING LOCK ;**

1. **SPN TRN OVRTRND TO DRW** Commence RF body trn bk L pvtg 1/2 RF to fc LOD, fwd R between W's feet heel to toe cont trn leaving L leg extended bk & sd, comp trn rec sd & bk L CP DRW (W Commence RF body trn fwd R between M's feet heel to toe pvtg 1/2 RF, bk L toe cont trn brush R to L, comp trn sd & fwd R CP DLC);

2. **R TRNG LK TO SCP** Bk R with R sd lead commence RF trn/XLif of R to fc COH, with slight L sd stretch cont RF trn sd & fwd R between W's feet cont trn rf wd, fwd L to SCP DLC (W Fwd L with L sd lead commence RF trn/XRib of L, with slight R sd with sfwd & side L staying well into M's R arm cont RF trn, fwd R to SCP DLC);

3. **RUNNING OP NAT** Thru R commence RF trn, sd & bk L with slight L sd stretch [3/8 RF trn between stps 1 & 2]bk R with R sd lead preparing to lead L outsfd trn [1/8 RF trn between stps 2 & 3], with slight R sd stretch bk L in CBMP to BJO DRW (W Thru L commence RF body trn staying well into M's R arm with slight R sd stretch fwd R/fwd L with L sd lead preparing to stp outsfd ptr, with slight L sd stretch fwd R outsfd ptr in CBMP to BJO DRC);

4. **BK WITH RISING LK** Bk R commence LF trn, sd & fwd L [3/8 trn between stps 1 & 2 body trns less], XRib of L body comp trn CP DLC (W Fwd L commence LF trn, sd & bk R [1/4 trn between stps 1 & 2], XLif of R [1/8 trn between stps 2 & 3] CP DRW);

5-8. **DOUBLE REVERSE TO DLC ; TELEMARK TO SCP ; THRU TO THROWWAY OVSWAY ; AND EXTEND ;**

5. **DBL REV TO DLC** Fwd L commence LF trn, sd R [3/8 LF trn between stps1 & 2], spn up to 1/2 LF between stps 2 & 3 on ball of R bringing L foot undr body beside R no weight flexed knees to CP DLC (W Bk R commence LF trn, cl L foot to R heel turn turning 1/2 LF between stps 1 & 2/sd & slightly bk R cont LF trn, XLif of R to CP DRW);

6. **TELE TO SCP** Same as Part B meas 14 ;

7. **THRU TO THROWWAY OVSWAY** Thru R between ptrs, sd & fwd L relaxing L knee & allowing R to pt sd & bk while keeping R sd in twd W & looking at her [with L side stretch] CP DLW, - (W Thru L between ptrs, sd & fwd R trng LF while relaxing R knee & sliding L foot bk undr body past the R foot to pt bk meanwhile looking well to the L & keeping L sd in toward M CP DRC, -);

8. **EXTEND** Continue the throwaway by trng slightly LF to CP LOD, & extend line by bringing R sd thru to W leaving R foot bk pointed to RLOD, - (W Keeping L toe on floor extend L foot bk toward LOD, trng head well to L, cont to shape up & out CP RLOD);

**END**

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