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


INTRO

1-4  CP DLC LD FOOT FREE WAIT;;  DIAMOND TurnerS;;
     1-2  CP DLC Ld Foot Free Wait;;
     1-4  [DIAMOND TurnerS] Fwd L trng LF on the diag, cont LF trn sd R, Bk L to BJO; Bk R cont LF trn,
          Sd L, fwrd R BJO;

5-8  CONT DIAMOND TurnerS;;  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, fwrd R to
          BJO DLC;
     7   [TRN L & R CHASSE BJO] Fwd L comm LF trn, sd R/CI L, sd & Bk R Trng LF to BJO DRC;
     8   [IMPETUS SEMI] Bk L trng RF, CI R (Heel Trn) cont RF trn, fwrd L to tight Semi Lod;

9   SLOW SD LK;
     9   [SLOW SD LK] Thru R, sd & fwr 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 TurnerS;;  WHISK;  WING TO S/C;
     1-2  [2 LEFT TRNS] Fwd L comm LF trn, cont LF trn sd R, CI L; Bk R comm LF trn, sd L, CI 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;
          XIF of man comm slight LF trn, fwr L arnd Man  fwrd 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 & slghty 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, CI 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/CI 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 L to BJO Pos;
STUCK ON YOU WALTZ
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; XRLF of L, (W XLIB) sd & Fwd L with a slight rising action, sd & Fwd R to BJO; XLR of R (W XLIF), Sd & Fwd R with a slight rising action, Sd & Fwd L to end in SEMI LOD;
4 [WEAVE 3 BIO] 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, XRLF 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;
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 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 S/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, 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; TELEMARK 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 TELEMARK; THRU CHASSE BJO; CLOSED WING; TELEMARK 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;