

ON MY WAY

Choreo: Carolyn & Tony Ahart, 3893 E. Linwood Ter., Springfield, Mo 65809
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Music: "Stuck On You" by Alec Medina, Album: Pops of the 80's
 Available: Casa Musica

Footwork: Opposite except where noted (Woman's footwork in parentheses)

Rhythm: Waltz IV+ 1 (Change of Sway) **Difficulty:** Average

Speed: As downloaded **Time:** 3:34

Sequence: Intro, A, Interlude, A, Interlude, B, A, Ending

INTRO

- 1-4 WAIT PU NOTES & 3 MEAS; ; ; STEP FWD RONDE TO FC;**
 1-4 (Bk to Bk V pos M fcg DLC, W fcg DLW, trail hnds jnd, trail ft free & pointed sd) Wait; ; ; {Step Fwd Ronde To Fc} Fwd R twd LOD, comm RF (LF) ronde with L (R) toe on floor to fc ptr, - ;
- 5-10 TOG TCH TO CP; BOX FIN DLC; OP REV TRN; HVR CORTE; BK WHISK; PU CP DLW;**
 5-6 {Tog Tch to CP} Fwd L, tch R to CP WALL, -;
 {Box Fin} Bk R trning LF, sd L cont trn to fc DLC, cl R;
 7-8 {Op Rev Trn} Fwd L comm LF trn, cont trn sd & bk R, bk L to BJO DRC;
 {Hover Corte} Bk R starting LF trn, sd & fwd L with hvrng action cont body trn, rec R to BJO DLW;
 9-10 {Bk Whisk} Bk L, sd & bk R, XLib of R endng in SCP LOD;
 {PU CP DLW} leading W to trn LF Thru R pickng up W (Thru L trng LF in front of M), sd L, cls R DLW;

PART A

- 1-8 DIAMOND TRN; ; ; ; HVR SCP; WEAVE SCP; ; WING;**
 1-4 {Diamond Trn} Fwd L trng LF, cont LF trn sd R, bk L to BJO DLC; Bk R trng LF, sd L cont LF trn, fwd R to fc DRC; Fwd L trng LF, sd R cont LF trn, bk L to DRW; Bk R trng LF, sd L cont LF trn, fwd R to BJO DLW;
 5-8 {Hvr SCP} Fwd L, fwd & slightly sd R rising to ball of foot, sd & slightly fwd L to SCP DLC;
 {Weave SCP} Fwd R diagonal LOD & COH, fwd L commence LF trn, continue trng sd & slightly bk R to fc DRC (Fwd L DLC commence LF trn, continue trn sd & slightly bk R to fc DRW, continue trn sd & fwd L LOD); Bk L LOD leading ptr to step outside to Bjo, bk R continue LF trn, sd & fwd L DLW (Fwd R LOD outside ptr to Bjo, fwd L LOD continue trn, fwd R diagonal LOD) to SCP;
 {Wing} Fwd R, draw L twd R, tch L to R turning upper body LF with left side stretch (Fwd L beginning to cross in front of M comm trng slightly LF, fwd R arnd M continue to trn slightly LF, fwd L arnd M complete slight LF trn) to SCAR DLC;

**9-16 OP TELEMAR; THRU HVR BJO; BK HVR SCP; IN & OUT RUNS; ;
THRU CHASSE BJO; FWD CHASSE SCP; PU LOD;**

- 9-11 {Op Telemark} Fwd L comm LF trn, sd R contng trn, sd and slightly fwd L (Bk R commencing to trn LF bringing L beside R w/ no weight, trn LF on R heel [heel turn] and chg weight to L, stp sd and slightly fwd R) to SCP DLW;
{Thru Hvr Bjo} Thru R, fwd L w/rise, rec bk R (Thru L, fwd R w/rise & LF trn brush L to R, rec fwd L) to BJO DLW;
{Bk Hvr SCP} Bk L, sd & bk R w/rise & RF bdy trn, rec sd & fwd L (Fwd R, sd & fwd L w/rise & RF trn brush R, rec fwd R) to SCP LOD;
- 12-16 {In & Out Runs} Thru R starting RF trn, sd & bk DLW on L to CP, bk R (Fwd L, fwd R between M feet, fwd L outsd ptr) to BJO; Bk L turning RF, sd & fwd R between W feet cont RF trn, fwd L (Fwd R startng RF trn, fwd & sd L cont trn, fwd R) to SCP LOD;
{Thru chasse BJO} Thru R to fc ptr, sd L/cl R, sd & fwd L (Thru L to fc ptr, sd R/cl L, sd & bk R) to BJO DLW;
{Fwd Chasse SCP} Fwd R to fc ptr, sd L/cl R, sd & fwd L (Bk L to fc ptr, sd R/cl L, sd & fwd R) to SCP LOD;
{PU LOD} leading W to trn LF Thru R pickng up W, sd L, cls R CP LOD;

INTERLUDE

1-4 DRAG HES; BK BK/LK BK; OUTSD CHG SCP; HVR FALWY;

- 1-4 {Drag Hes} Fwd L comm LF trn, sd R cont LF trn, draw L to R to BJO;
{Bk, Bk/Lk, Bk} Bk L, Bk R/XLif of R, Bk R in BJO;
{Outside Change SCP} Bk L, Bk R blending to CP turning LF, sd & fwd L to SCP DLW;
{Hvr Falwy} Staying in SCP throughout fwd R, fwd L rising to ball of ft & chckg, rec on R end in SCP DLW;
- 5- 8 **SLIP PVT BJO; CHK W DEVELOPE; BK HVR SCP; PU CP DLW;**
{Slip Pvt BJO} Bk L, bk R comm LF trn [keeping left leg extended], fwd L (Bk R comm LF trn, pvt on ball of ft [thighs locked L leg extended], sm fwd L comp LF trn placing left ft near M's R ft, bk R) end in BJO DLW;
{Chk W Develope} In loose BJO chk fwd on the R with a L sd stretch and hold (Chk bk on L, bend R knee, kick R leg fwd);
{Bk Hover to Semi} Bk L, bk R trn body RF with strong R sd stretch, recov fwd L (Fwd R, fwd L trn RF to SCP, fwd R) to SCP;
{PU CP DLW} leading W to trn LF Thru R pickng up W, sd L, cls R to CP DLW; [2nd time to SCAR DLW]

PART B

1-4 CROSS HVR 3X TO SCP; ; ; OP NAT;

1-4 {Cross Hover to BJO} XLif of R (XRib of L), sd R with hovering action, fwd L DLC; {Cross hover to SCAR} XRif of L (XLib of R), sd L with hovering action, fwd R DLW; {Cross hover to SCP} XLif of R (XRib of L), sd R with hovering action, fwd L SCP/DLC;
{Op Nat} Comm RF upper body trn Fwd R, sd L acrs LOD, cont slight RF upper body trn to lead ptr to step outsd bk R w/ R sd lead (Thru L, fwd R to CP, fwd L) to BJO;

5-8 IMP SCP; MANUV; SPIN OVERTRN DRW; BOX FIN SCAR DLW;

5-6 {Imp to SCP} Comm RF upper body trn bk L, close R [heel turn] cont RF trn about 3/8, comp RF trn fwd L (Comm RF trn fwd R outsd ptrs ft pvt 1/2, sd & fwd L cont RF trn around M brush R to L, comp trn sd & fwd R) to SCP DLC;
{Manuv} Fwd R trng RF, sd L in front of W, cl R (Sm fwd L, sd R, cl L) to CP RLOD;

7-8 {Spin Overtrn} Comm RF upper body trn Bk L pvtng 1/2 RF, fwd R bet W's feet pvtng 3/8 RF, sd & bk L (Comm RF upper body trn Fwd R bet M's feet pvtng 1/2 RF, bk L cont trn brush R to L, comp trn sd & fwd R) to fc DRW;
{Box Finish SCAR} Bk R, trn 1/4 LF sd L leadng W to SCAR DLW, cl R;

9-12 CROS HVR 3X to SCP; ; ; OP NAT;

9-12 Repeat Part B meas 1-4; ; ;

13-16 IMP SCP; MANUV; SPIN TRN DLW; BOX FIN DLC;

13-14 Repeat Part B meas 5-5; ;

15-16 {Spin Trn} Comm RF upper body trn Bk L pvtng 1/2 RF, fwd R bet W's feet pvtng 1/8 RF, sd & bk L (Comm RF upper body trn Fwd R bet M's feet pvtng 1/2 RF, bk L cont trn brush R to L, comp trn sd & fwd R) to fc DLW;
{Box Finish} Bk R, trn 1/4 LF sd L leadng W to CP DLC, cl R;

17-20 OP REV TRN; HVR CORTE; BK WHISK; PU CP DLW;

17-20 Repeat Intro meas 7-10; ; ;

END

1-4 CANTER; OP REV TRN; HVR CORTE; BK WHISK;

1-4 {Canter}Sd L, draw R to L, cl R ; Repeat Intro meas 7-9; ; ;

5-6 THRU TO PROM SWAY; CHG SWAY;

5-6 {Thru to Prom Sway} Thru R, sd L into prom sway R sd stretch, -;
{Chg Sway} Chg sway to L sd stretch, -, -;