

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
Sequence: INTRO A B C A B Mod END

MEAS:

INTRODUCTION

1-4 BFLY WALL WAIT PICKUP NOTES & 2 MEASURES ; ; SYNCOPATED TWISTY VINE 6 & HOLD ; ;

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 fcg ptr & WALL wait PU notes & 1 meas ;
- 2 {WAIT 2 BEATS START SYNC TWSTY VIN 6} -, -, Sd L with slight RF body trn/ XRib (W -, -, Sd R with slight RF body trn/ XLif) ; [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} XRib, -, Sd L with slight LF body trn/XRif (W XLif, -, 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, -, XRib/sd L with slight LF bdy trn (W Sd R with slight RF bdy trn, -, XLif/sd R with slight LF bdy trn) ; [Timing: 1,-,3&]
- 6 {CONTINUE SYNC TWSTY VIN 6} XRif, sd L with slight RF body trn, XRib (W XLib, sd R with slight RF body trn, XLif) ; [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 fcg 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 TELEMAR ; 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 trng 3/8 RF, fwd L small stp on toes to SCP DLW (W Bk R, DIAG sd & bk L with hovering action & body trng 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, cont slight RF body trn to lead ptr to stp outsd bk R with R 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/lk 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 tight 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 L to R rotating upper body LF, cont rotate upper body LF tch L to R 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 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 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, XLif 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, XRib 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 Xif 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 ;

- 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 SWVL 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 pvtg 1/2 RF, sd & fwd L cont trn around M brush R to L, fwd 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 L 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 FTNR CKG}** Fwd R outsd ptr DLW curving RF, with L sd stretch cont RF trn sd & fwd L, cont body trn to R with L sd stretch fwd R outsd ptr to BJO DRW (W Bk L curving RF ptr outside, staying well in M's R arm with R sd stretch cont RF trn bk R, cont RF 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 fwd R looking R [with R sd stretch] (W Bk R well undr body trng body LF & looking well to L), [without weight chg] chg stretch 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 & fwd L to RLOD, LF body trn rise no weight chg, rec R endg BJO RLOD (W Rec fwd L, fwd R trng LF & rise, fwd 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 fwd R in CBMP heel to toe, comp RF trn sd & bk L to CP RLOD (W Commence RF body trn with L sd lead staying well in M's R arm fwd 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 fwd 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 commence to RF turn/XLif of R to fc COH, with slight L sd stretch cont RF trn sd & fwd R between W's feet cont RF trn, fwd L to SCP LOD (W Fwd L with L sd lead commence RF trn/XRif of L, with slight R sd stretch fwd & sd L staying well into M's R arm cont RF trn, fwd R to SCP LOD) ;
- 11 **{I/O RUNS}** Commence RF trn fwd R, sd & bk L to CP, bk R with R sd leading to BJO (W Fwd L, fwd R between M's feet, fwd L outsd ptr with L sd leading to BJO) ;
- 12 Bk L trng RF, sd & fwd R between W's feet cont RF trn, fwd L to SCP LOD (W Fwd R commence RF trn, fwd & sd L cont RF trn, fwd R 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, fwd & sd R cont LF trn, sd & fwd L to SCP DLW (W Bk R commence LF trn bringing L beside R, trn LF on right heel [heel trn] & chg weight to L, sd & slightly fwd R to tight SCP DLW) ;
- 15 **{THRU TO HINGE}** Thru R, sd & fwd L trng W LF to CP, lead W to hinge commence to relax L knee (W Thru L, sd & fwd R trng LF XLib of R keeping L sd in twd ptr relaxing L knee R foot pointing RLOD head to L) ;
- 16 **{RISE M CL}** Commence to rise leading W to rec 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, XLif 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, XLif 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 ;

- 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 OVRSWAY}** 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 ; ;**
- 9 **{REC OUTSD SWVL}** 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 L LOD) ;
- 13 Bk L LOD leading W to stp outsd to CBMP, bk R cont LF trn, sd & fwd L to BJO DLW (W Fwd R LOD outsd ptr to CBMP, fwd L LOD cont 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) ;

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 ; THRU 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 RF trn, fwd L to SCP DLC (W Fwd L with L sd lead commence RF trn/XRib of L, with slight R side stretch fwd & 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 W outsd ptr [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 outsd ptr, with slight L sd stretch fwd R outsd 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 THROWAWAY OVERSWAY ; AND EXTEND ;**
- 5 **{DBL REV TO DLC}** 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 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 THRWD OVRSWAY}** 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) ;