

TO YOU SWEETHEART, ALOHA

Released: August 2008

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MUSIC: Song: To You Sweetheart Aloha Music Media Source: Ray Conniff's Hawaiian Album
Artist: Ray Conniff Download available from amazon.com
Music Modified: +6% BPM/MPM: 116/29 TIME@BPM: 2:45 @116 BPM

FOOTWORK: Opposite unless indicated (Woman's footwork in parentheses)
RHYTHM: Foxtrot **RAL Phase:** IV
SEQUENCE: A B A B END

MEAS:

PART A

- 1-4** **DIAMOND TURN:::**
- 1 {DIAM TRN} CP M fcg DLC wait on word "To" start diam trn on word "You" Fwd L trng LF on the diag, -, cont LF trn sd R, bk L w/ ptr outsd M in CBMP (W Bk R trng LF on the diag, -, cont LF trn sd L, fwd R outsd ptr) ;
 - 2 Staying in CBMP and trng LF bk R, -, sd L, fwd R outsd ptr in CBMP (W Fwd L trng LF, -, sd R, bk L) ;
 - 3 Fwd L trng L face on the diag, -, sd R, bk L w/ ptr outsd M in CBMP (W Bk R trng LF, -, sd L, fwd R outsd ptr) ;
 - 4 Bk R cont LF trn, -, sd L, fwd R (W Fwd L trng LF, -, sd R, back L) ;
- 5-8** **REVERSE WAVE;; BACK FEATHER; FEATHER FINISH;**
- 5-6 {REV WAV} Fwd L starting LF bdy trn up to 3/8, -, sd R LOD, bk L diagonally (W Bk R starting LF bdy trn up to 3/8, -, cl L to R [heel turn], fwd R diagonally) ; Bk R LOD, -, bk L, bk R curving LF to end fcg RLOD (W Fwd L, -, fwd R, fwd L curving to end fcg LOD) ;
 - 7 {BK FTNR} Bk L, -, bk R w/ R shoulder leading, bk L to CBMP (W Fwd R, -, fwd L w/ L shoulder leading, fwd R to CBMP) ;
 - 8 {FTNR FIN} Bk R trng LF, -, sd & fwd L, fwd R outsd W crossing R leg in front of L at thighs to CBMP (W Fwd L trng LF, -, sd & bk R, back L crossing leg in bk of right at thighs) ;
- 9-12** **3 STEP; 1/2 NATURAL; IMPETUS TO SCP; IN & OUT RUNS;**
- 9 {3 STP} Fwd L w/ heel lead blend to CP, -, fwd R w/ heel lead, fwd L on toe DLW M has right sd lead on stps 2 & 3 (W Bk R, -, bk L, bk R) ;
 - 10 {1/2 NAT} Commence RF upper bdy trn fwd R heel to toe, -, sd L across LOD, bk R (W Commence RF upper bdy trn bk L, -, cl R [heel trn] cont trn, fwd L) ;
 - 11 {IMP TO SCP} Commence RF upper bdy trn bk L, -, cl R to L [heel trn] cont trng RF, comp trn fwd L in tight SCP (W Commence RF upper bdy trn fwd R between M's feet heel to toe pvt 1/2 RF, -, sd and fwd L cont RF trn brush R to L, comp trn fwd R) ;
 - 12 {I/O RUNS} Fwd R starting RF trn, -, sd & bk L DLW to CP, bk R to BJO (W Fwd L, -, fwd R between M's feet, fwd L outsd M in BJO) ;
- 13-16** **CONTINUE IN & OUT RUNS; FEATHER; HOVER; CHAIR & SLIP;**
- 13 {CONT I/O RUNS} Using CBM bk L trng RF, -, sd & fwd R between W's feet cont RF trn, fwd L to SCP (W Using CBM fwd R starting RF trn, -, fwd & sd L cont RF trn, fwd R to SCP) ;
 - 14 {FTNR} Thru R, -, fwd L, fwd R outsd W in CBMP DLC (W Thru L trn LF twd ptr, -, sd and bk R, bk L in CBMP) ;
 - 15 {HVR} Trng RF to CP fcg DLW fwd L, -, fwd & sd R rising to ball of foot, rec L to tight SCP DLC (W Trng RF to CP fcg DRC bk R, -, bk & sd L trng to SCP rising to ball of foot, rec R) ;
 - 16 {CHR & SLP} Check thru R w/ lun action as for Chair, -, rec L [no rise], w/ slight LF upper bdy trn slp R bhd L cont trn 1/8 to L to CP end fcg DLC (W Check thru L w/ lun action as for Chair, rec R [no rise], swvl LF on R & stp fwd L outsd M's R foot to CP) ;

PART B

- 1-4** **TELEMARK TO SCP; OPEN NATURAL; IMPETUS TO SCP; THRU SEMI CHASSE;**
- 1 {TELE TO SCP} Fwd L starting LF trn, -, cont LF trn sd R, cont LF trn sd & fwd L DLW to end in tight SCP (W Bk R starting LF trn, bring L beside R w/ no wgt, trn LF on R heel [heel trn], chg wgt to L, cont LF trn sd & slightly fwd R DLW in tight SCP) ;
 - 2 {OP NAT} Commence RF upper bdy trn fwd R heel to toe, -, sd L in CP, cont RF trn bk R leading ptr to stp outsd M to BJO fcg DRC (W Commence RF upper bdy trn fwd L DLW, -, trn

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RF fwd R to CP, fwd L outsd M to BJO) ;

3 {IMP TO SCP} Commence RF upper bdy trn bk L, -, cl R to L [heel trn] cont trng RF, comp trn fwd L in tight SCP (W Commence RF upper bdy trn fwd R outsd M heel to toe pvt 1/2 RF, -, sd and fwd L cont trn around man brush R to L, comp trn fwd R) ;

4 {THRU SEMI CHASSE} Thru R in SCP, -, fwd L/cl R, fwd L to SCP (W Thru L commence trn to fc, -, sd R/cl L, sd R to SCP) ;

5-8 PROMENADE WEAVE;; 3 STEP; FEATHER;

5 {PROM WEV} Forward R, -, fwd L commence LF trn, sd & slightly bk R to BJO DLC (W Fwd L, -, sd & slightly bk R commence LF trn to BJO RLOD & wall) ;

6 Bk L in CBMP DLC, bk R commence LF trn & lead W to CP, sd & slightly fwd L DLW, fwd R outsd ptr to CBMP DLW (W Fwd R to CBMP, fwd L DLC commence LF trn, cont LF trn sd & slightly bk R fcg COH, bk L to CBMP to end bkg DLW) ;

7 {3 STP} Same as Part A meas 9.

8 {FTHR} Fwd R, -, fwd L, fwd R outsd W in CBMP (W Bk L, -, sd & bk R, bk L in CBMP) ;

9-12 QUICK DIAMOND 4 RLOD; DIP BACK RECOVER; QUICK DIAMOND 4 LOD; DIP BACK RECOVER;

9 {QK DIAM 4} Fwd L on the diag commence LF trn, cont LF trn sd R, bk L, bk R to CP RLOD (W Bk R on the diagonal commence LF trn, cont LF trn sd L, fwd R, fwd L CP LOD) ;

10 {DP BK REC} Bk L taking full weight w/ knee relaxed or slightly bent & R leg extended w/ R knee & ankle forming a straight line from the hip & toe on floor, -, rec R, - (W Fwd R taking full weight w/ knee relaxed or slightly bent & L leg extended w/ L knee & ankle forming a straight line from the hip & toe on floor, -, rec L, - ;

11 {QK DIAM 4} Fwd L on the diag commence LF trn, cont LF trn sd R, bk L, bk R to CP LOD (W Bk R on the diagonal commence LF trn, cont LF trn sd L, fwd R, fwd L CP RLOD) ;

12 {DP BK REC} Same as Part B meas 10.

13-16 3 STEP; 1/2 NATURAL; CLOSED IMPETUS; FEATHER FINISH;

13 {3 STP} Same as Part A meas 9.

14 {1/2 NAT} Same as Part A meas 10.

15 {CL IMP} Commence RF upper body trn bk L, -, cl R to L [heel trn] cont trn, sd & bk L to CP (W Commence RF upper bdy trn fwd R between M's ft heel to toe trng 1/2 RF, sd & fwd L cont RF trn arnd M & brush R to L, fwd R between M's ft to CP) ;

16 {FTHR FIN} Same as Part A meas 8.

REPEAT PART A

REPEAT PART B

END

1-4 REVERSE TURN;; HOVER; SLOW SIDE LOCK;

1-2 {REV TRN} Fwd L start LF body trn, -, sd R cont trn DRC, bk L to CP LOD (W Bk R start LF trn, -, cl L to R [heel trn] cont trn, fwd R to CP LOD) ; Bk R cont LF trn, -, sd & slightly fwd L to DLW, fwd R to CBMP BJO DLW (W Fwd L cont LF trn, -, sd R DRC, bk L to CBMP) ;

3 {HVR} Fwd L to CP DLW, -, fwd & sd R rising to ball of foot, rec L to tight SCP DLW (W Bk R to CP DRC, -, bk & sd L trng to SCP rising to ball of foot, rec R to tight SCP DLW) ;

4 {SLO SD LK} Thru R, -, sd & fwd L to CP, XRib of L trng slightly LF DLW (W Thru L commencing LF trn, -, sd & bk R cont LF trn to CP DRC, XLif of R) ;

5-6 FORWARD TO RIGHT LUNGE & HOLD; -, -, -, QUICK CHANGE SWAY;

5 {FWD} Fwd L, - (W Bk R, -), {R LUN & HOLD} Flex L knee mv sd & slightly fwd R keeping L sd in twd ptr & as wgt is taken on R flex R knee & make slight LF bdy trn & look at ptr, - (W Flex R knee move sd & slightly bk L keeping R sd in twd ptr & as wgt is taken on L flex L knee & make slight LF bdy trn, -) ;

6 {QK CHG SWAY} -, -, -, Leading from L hip chg sway trng slightly RF stretching R sd to open head to L (W -, -, -, chg sway trng slightly RF stretching L sd to open head to R) ;