

Hi Lili, Hi Lo

Choreographer: Chuck & Sandi Weiss, 2550 S Ellsworth Rd, Mesa, AZ 85209 (480) 830-9251 E-Mail (Cweiss11@cox.net)
CD: Shelby Flint (The Quiet Girl), Track 10 Artist: Shelby Flint Available from iTunes, Amazon & Others
Rhythm: Waltz RAL Phase II + 1 [Hover]
Footwork: Opposite unless noted (Woman's Footwork in parentheses)
Timing: Standard RAL Waltz unless noted. Time @ 45 RPM: 2:25 (Slow for Comfort) Difficulty Level - Easy
Sequence: Intro-A-B-Int-A-B-End Released: May 15, 2012

Meas

INTRODUCTION

1 - - 4 CP FCNG LOD WAIT 2;; DIP & HOLD*; REC CP/DLC, TCH;

1 - 2 OP Fcng Wall lead ft free wait 2 meas;;

3 - 4 [Dip] Bk L take full weight with the knee relaxed or slightly bent with slight body twist keeping R leg extended with the knee and ankle forming a straight line from the hip and the toe remaining on the floor, -,-;
[Rec, Tch] Rec R, draw L to R to CP/DLC, -;

PART A

1 - - 4 TWO LEFT TRNS FC WALL;; HOVER; THRU, FC, CL;

1 - 2 [2 Lft Trns] Fwd L commence LF trn, continue trn sd R diagonally across LOD trng LF to fc DRC, cl L to R; bk R continue LF trn, continue trn sd L to fc Wall, cl R to L (Bk R commence LF trn, continue trn sd L twd LOD fc DLW, cl R to L; fwd L continue LF trn, continue trn sd R diagonally across LOD trng LF, cl L to R;) CP/Wall;

3 - 4 [Hover] Fwd L, fwd & sd R w/rise, rec L to SCP;
[Thru, Fc, Cl] Thru R, fwd L trng to fc wall, cl R to L to CP/WALL;

5 - - 8 CANTER 2X;; TWIRL VINE 3; PU/DLC, SD, CL;

5 - 6 [Canter 2X] Sd L, draw R to L, cl R; Sd L, draw R to L, cl R to BFLY;

7 - 8 [Twirl Vine 3] Sd L, XRIB, sd L (Sd R commence RF trn, sd & fwd L continue RF trn, sd R to fc ptr);
[PU, Sd, Cl] Thru R commencing lf trn to fc LOD, sd L, Cl R to L (Thru L trng LF, sd R to fc ptr, cl L to R);
CP/DLC;

9 - 12 TWO LEFT TRNS FC WALL;; HOVER; THRU, FC, CL;

9 - 10 [2 Lft Trns] Repeat Meas 1 & 2, Part A;;

11-12 [Hover] Repeat Meas 3, Part A; [Thru, Fc, Cl] Repeat Meas 4, Part A;

13 - 16 CANTER 2X;; TWIRL VINE 3; PU/LOD, SD, CL;

13 - 14 [Canter 2X] Repeat Meas 5 & 6, Part A;;

15 - 16 [Twirl Vine 3] Repeat Meas 7, Part A; [PU/LOD, Sd, Cl] Repeat Meas 8, Part A to CP/LOD;

PART B

1 - - 4 LEFT TRNG BOX TO SCAR;;;;

1 - 2 [Lft Trng Box] Fwd L trn ¼ LF, sd R, cl L to R; Bk R trng ¼ LF, sd L, cl R to L;

3 - 4 Fwd L trn ¼ LF, sd R, cl L to R; Bk R trng ¼ LF, sd L, cl R to L trng slightly RF to SCAR;

5 - - 8 PROG HOVERS 3X TO SCP;;; PU/LOD, SD, CL;

5 - 6 [2 Prog Cross Hovers] In SCAR fwd L with slight crossing action commencing to rise & beginning a 1/4 LF trn, sd & slightly fwd R continuing to rise & completing the 1/4 LF trn, diagonally fwd to BJO lowering at end of stp (In SCAR bk R with slight crossing action commencing to rise in body & beginning a 1/4 LF trn, sd & slightly bk L continuing to rise & completing the 1/4 LF trn, diagonally bk R to BJO lowering at end of stp); In BJO fwd R with slight crossing action commencing to rise & beginning a 1/4 RF trn, sd & slightly fwd L continuing to rise & completing the 1/4 RF trn, diagonally fwd R to SCAR lowering at end of stp (In BJO bk L with slight crossing action commencing to rise in body & beginning a 1/4 RF trn, sd & slightly bk R continuing to rise & completing the 1/4 RF trn, diagonally bk L to SCAR lowering at end of stp);

7 - 8 [Cross Hover to SCP] In SCAR fwd L with slight crossing action commencing to rise & beginning a slight RF upper body trn, sd & slightly fwd R continuing to rise & completing the 1/4 LF trn, diagonally fwd L to SCP lowering at end of stp (In SCAR bk R with slight crossing action commencing to rise in body & beginning a strong

RF upper body trn, sd & slightly bk L continuing to rise & completing the 1/4 LF trn, diagonally fwd to SCP lowering at end of stp); [PU/LOD, Sd, CI] Repeat Meas 8, Part A to CP/LOD;

9 - 12 LEFT TRNG BOX TO SCAR;;;

9 - 12 [Lft Trng Box] Repeat Meas 1 - 4, Part B;;;

13 - 16 PROG HOVERS 3X TO SCP;;; PU/LOD, SD, CL;

13 - 14 [2 Prog Cross Hovers] Repeat Meas 5 & 6, Part B;;

15 - 16 [Cross Hover SCP] Repeat Meas 7, Part B; [PU/LOD, Sd, CI] Repeat Meas 8, Part A to CP/LOD;

INTERLUDE

1 - - 4 BOX;; DIP BK & HOLD*; REC, SD, CL SCAR;

1 - 2 [Box] Fwd L, sd R, cl L to R; Bk R, sd L, cl R to L;

3 - 4 [Dip] Bk L take full weight with the knee relaxed or slightly bent with slight body twist keeping R leg extended with the knee and ankle forming a straight line from the hip and the toe remaining on the floor, -,-;

[Rec, Sd, CI SCAR] Rec R, Cl L to R commence slight RF trn to SCAR, cl R (Rec L, cl R to L commence slight RF trn to SCAR, cl L);

5 - - 8 TWINKLE BJO; MANUV; 2 RT TRNS FC DLC;;

5 - 6 [Twinkle BJO] Fwd L commence LF trn, sd R continue trn to BJO, cl L to R; [Manuv] In BJO fwd right commence RF upper body trn, continue RF trn to fc ptr sd L, cl R to L CP/RLOD (In BJO bk L commence RF upper body trn, continue RF trn to fc ptr sd R, cl L to R CP/RLOD);;

7 - 8 [2 Rt Trns] Bk L commence RF trn, continue trn sd R twd LOD, cl L fc COH; continue RF trn fwd R, continue trn sd L to Fc DLC, Cl R (Fwd R commence RF trn, continue trn sd L LOD, cl R; continue RF trn bk L, continue trn sd R twd COH, cl L to fc DRW);;

REPEAT A

REPEAT B

END

1 - - 4 BOX;; DIP BK & HOLD*; REC, SD, CL SCAR;

1 - 2 [Box] Repeat Meas 1 & 2, Interlude;

3 - 4 [Dip] Repeat Meas 3, Interlude; [Rec, Sd, CI SCAR] Repeat Meas 4, Interlude;;

5 - - 8 TWINKLE BJO; FWD, FC, CL; DIP*, TWIST, ETC;;

5 - 6 [Twinkle Bjo] Repeat Meas 5, Interlude; [Fwd, Fc, CI] Fwd R commencing RF trn, sd & fwd L to fc ptr & wall, cl R to L;

7 - 8 [Dip] Repeat Meas 3, Interlude; [Twist, Etc] Continue slight LF rotation, (Optional Leg Crawl & Kiss)-, -;

* Leg Crawls are encouraged at every Dip.

QUICK CUES

Hi Lili Hi Lo

(Phase II + 1 - Waltz)

(Hover)

(Weiss)

Intro CP/LOD Wait 2;; Dip & Hold; Rec CP/DLC;

A 2 Lft Trns Fc Wall;; Hover; Thru, Fc, Cl;
Canter 2X;; Twirl Vine 3; PU/DLC;
2 Lft Trns Fc Wall;; Hover; Thru, Fc, Cl;
Canter 2X;; Twirl Vine 3; PU/LOD;

B Lft Trng Box to SCAR;;;
Prog X Hovers to SCP;;; PU LOD;
Lft Trng Box to SCAR;;;
Prog X Hovers to SCP;;; Thru, Fc, Cl;

Int Box;; Dip Bk & Hold; Rec SCAR;
Twinkle Bjo; Manuv; 2 Rt Trns Fc DLC;;

A 2 Lft Trns Fc Wall;; Hover; Thru, Fc, Cl;
Canter 2X;; Twirl Vine 3; PU/DLC;
2 Lft Trns Fc Wall;; Hover; Thru, Fc, Cl;
Canter 2X;; Twirl Vine 3; PU/LOD;

B Lft Trng Box to SCAR;;;
Prog X Hovers to SCP;;; PU LOD;
Lft Trng Box to SCAR;;;
Prog X Hovers to SCP;;; Thru, Fc, Cl;

End Box;; Dip Bk & Hold; Rec SCAR;
Twinkle BJO; Fwd, Fc, Cl; Dip, Twist, Etc;