

Stuck On You

Choreo : Randy Lewis / Debbie Olson (503) 645-9233 rcl831@frontier.com
1596 N.W. Tanasbrook Ct. / Beaverton Oregon 97006-3261

Record : Stuck On You / Artist: Lionel Richie / Amazon Download

https://www.amazon.com/Cant-Slow-Down-Lionel-Richie/dp/B0013F2BW6/ref=sr_1_5?crid=1Z12FJND5YF8W&keywords=lionel+richie&qid=1553279455&s=dmusic&sprefix=lionel%2Caps%2C565&sr=1-5

Phase : 5 + 0 + 2U (Traveling Right Turn, Forearm Pass)

release : Jul 2019

Rhythm : Slow Two Step

Speed: 40.5 rpm (-10% in DM)

Footwork : Opposite Except where noted

Timing: Sqg except where noted

Seq - Intro , A , Intr , B , Intr , C , A , Br , End

Intro - Low BFLY / W - Wait 2 ; ; Under Arm Turn ; Open Break ;

1-2 In Low BFLY / W - Wait 2 meas ; ;

3 {Under Arm Turn}(BFLY) Sd L raise lead hnds, - , XRIBL lead W under raised lead hnds, rec L
(W sd R comm RF trn, - , fwd L trng RF 3/4 under lead hnds, fwd R trn to face ptrn) ;

4 {Open Break}(Lop Fcg / W) Sd R, - , brk apt L, rec R ;

5-6 Change Sides Inside Turn ; Open Basic ;

5 {Change Sides Inside Turn}(Lop Fcg / W) Fwd L twd W's R sd trng RF 1/2 leading
W to roll LF, - , sd R, XLIFR (W fwd R twd M's R sd trng LF 1/2 to fc man, - , sd L, XRIFL)
Lop M fcg COH ;

6 {Open Basic}(Lop fcg / COH) Sd R to half open, - , XLIBR, rec R comm RF trn ;

7-9 Man Switch ; Basic Ending BFLY ; Hip Rock 2 Slows ;

7 {Man Switch}(Half Open) Cont RF trn sd & fwd L, - , cont trn sd & fwd R to Lft Half Open,
fwd L (W fwd R btwn M's feet, - , fwd L, fwd R fc ptrn) ;

8 {Basic Ending BFLY}(Left Half Open) Sd R, - , XLIBR, rec R to low BFLY / W ;

9 SS {Hip Rock 2 Slows} (BFLY) Sd L, - , sd R, - release hnds ;

A - Low BFLY / W - Open Twisty Basics ; ; Traveling Right Turn ; w/ Outside Roll to ;

1-2 {Open Twisty Basics}(BFLY) Sd L comm RF trn extending Rt arm out to sd, - , bk R to
Bolero SCAR, rec L (sd R comm RF trn extending Rt arm out to sd, - , fwd L, rec R) end
Boleros SCAR / RW w/ R arms extended out to sd ; Sd R trng LF Bolero BJO extending L
arm out to sd, - , bk L, rec R (sd L trng LF extending Lft arm out to sd, - , fwd R, rec L)
end Bolero BJO man fcg LW w/ L arms extended out to sd ;

3 {Traveling Right Turn}(BJO/LW) Keeping L arms extended fwd L crossing in front of W
trng RF in BJO, - , XRIBL trn RF, rec L trng to fc LOD join lead hnds on his L shoulder
(fwd R between M's feet, - , fwd L, fwd R trng RF around M checking)
end Bolero BJO M Fcg LOD man ;

4 {w/ Outside Roll to}(Bolero BJO / LOD) Fwd R slight RF trn to fc wall raise jnd lead hnds
to lead W RF trn, - , sd L, XRIFL (W bk & sd L start RF trn, - , cont RF trn under jnd lead
hnds R, L) end LOP fcg / wall ;

Stuck On You

Page 2

5-6 **Hip Check w/ Inside Roll BFLY ; Lunge Basic ;**

- 5 {Hip Check w/ Inside Roll BFLY}(Lop Fcg / W) Lunge sd L man place Rt hnd on ladies Rt hip, -, rec R leading lady into LF roll under lead hds, XLIFR (Lady lunge sd R, under jnd lead hds rec L trng LF, cont LF trn sd L) fc ptrn BFLY ;
- 6 {Lunge Basic}(BFLY) Lunge sd R, -, rec L, XRIFL fc ptrn ;

7-10 **Solo Turn 6 low BFLY ; ; Drift Basic* ; Turning Drift Basic* ;**

- 7 {Solo Turn 6}(BFLY) Comm LF (RF) trn fwd L, -, fwd R cont LF (RF) trn, cont slight LF (RF) trn cl L fc RLOD ;
- 8 Bk R LOD, -, trng LF (RF) sd L, cl R low BFLY ;
- 9 {Drift Basic}(Low BFLY / W) Sd L, -, bk R, push off supporting foot leading with hip and Rt (Lft) side stretch XLIFR low BFLY / W ;
- 10 {Turning Drift Basic}(Low BFLY/LW) Sd R, -, trng LF 1/8 XLIBR, push off supporting foot leading with hip and Lft (Rt) side stretch XRIFL low BFLY / LW ;

11-13 **Left Turn Inside Roll ; into Lariat 3 / man turn left ; w/ Outside Roll ;**

- 11 {Left Turn Inside Roll}(low BFLY / LW) Fwd L trng LF fc COH, -, lead W under lead hnds sd R, XLIFR fc COH (W bk R trng LF, -, sd L start LF underarm roll, sd & bk R to fc LW) ;
- 12 S - -{Lariat 3 / man turn left}(Lop / LC) Sd & fwd R twd LC soften R knee & lead W to lariat, -, (Sqq) trn LF, - take Lft arm over head lead W to lariat arnd man (fwd L, fwd R, fwd L) Lop / RLOD ;
- 13 {w/ Outside Roll}(Lop / RLOD) Fwd L bring jnd hnds down & bk, -, fwd R bring jnd hnds up & over leading W to roll RF, fwd L (W fwd R comm RF trn, -, fwd & sd L trng RF under joined hnds, cont RF trn fwd R) Lop Fcg / wall ;

14-16 **Open Basic ; Switches low BFLY ; ;**

- 14 {Open Basic}(Lop Fcg / W) Sd R, -, XLIBR to Half Open, rec R comm RF trn ;
- 15 {Switches low BFLY}(Half Open) Cont RF trn sd & fwd L, - cont trn sd & fwd R to Lft Half Open, fwd L (W fwd R btwn M's ft, -, fwd L, fwd R comm RF trn) ;
- 16 Fwd R btwn W's ft, -, fwd L, fwd R comm RF trn (W cont RF trn sd & fwd L, - cont trn sd & fwd R to Half Open, fwd L) low BFLY ;

Intr - Low BFLY / W - Turning Drift Basics* LOD ; ; Hip Rock 2 Slows ;

- 1 {Turning Drift Basics}(Low BFLY / W) Sd L, -, bk R trng 1/8 LF, push off supporting foot leading with hip and Rt (Lft) side stretch XLIFR ;
- 2 Sd R, -, trng LF 1/8 XLIBR, push off supporting foot leading with hip and Lft (Rt) side stretch XRIFL to low BFLY / LOD ;
- 3 SS {Hip Rock 2 Slows}(Low BFLY / LOD) Sd L, -, Sd R, - ;

4-5 **Under Arm Turn Overturn Shadow ; Basic / Man in 2 ;**

- 4 {Under Arm Turn Overturn Shadow} Sd L raise jnd lead hnds, -, XRIBL lead W under raised lead hnds, rec L (sd R comm RF trn, -, fwd L trng RF 3/4 under lead hnds, fwd R trng RF) ;
- 5 S - q {Basic / Man in 2}(Lop / Lod) Sd R blending to Shadow / LOD, -, -, rec L twd LC (Sqq) (cont RF trn to end Shadow / LOD sd L, -, bk R, rec L twds LC) ;

Stuck On You

Page 3

6-8 **Shadow Cross Hover 3 times end Shadow LW ; ; ;**

6-8 {Shadow Cross Hover 3 times - end Shadow LW}(Shadow / LC) Lead hds jnd trail hnd on W's waist XRIFL, - , sd L w/ rise trng 1/4 RF, rec R ; XLIFR, - , sd R w/ rise trng 1/8 LF, rec L ; XRIFL, - , sd L w/ rise trng 1/4 RF, rec XRIFL end shadow LW ;

B - Shadow/ LW - Lunge Basic ; Lunge Basic / Lady in 2 to face ; Under Arm Turn ;

1 {Lunge Basic}(Shadow / LW) Cont RF trn sd L to fc wall flexing knee, - , rec R, XLIFR ;

2 Sqq {Lunge Basic / Lady in 2 to face} Trng slightly LF sd R flexing knee, - , rec L, XRIFL

(SS) (Lady trng slightly LF sd R flexing knee, - , sd L trng LF to fc man, -) Lop Fcg / W ;

3 {Under Arm Turn}(Lop Fcg / W) Sd L, - , XRIBL lead W under raised lead hnds, rec L (W sd R comm RF trn, - , fwd L trng RF under lead hnds, fwd R trn to face ptrn) ;

4-6 **Open Break ; Stop and Go ; ;**

4 {Open Break}(Lop Fcg / W) Sd R, - , brk apt L, rec R ;

5 {Stop and Go}(Lop Fcg / W) Fwd L raise jnd lead hds, - , leading W under jnd lead hds ck fwd R rotating upper body RF to look at woman catching her Lt shoulder blade w/ Rt hnd, raise jnd lead hds rec L lead W fwd under jnd lead hds

(Fwd R comm 1/2 LF trn, under jnd lead hds fin 1/2 LF trn bk L, rec R comm 1/2 RF trn) ;

6 Bk R, - , ck bk L, rec R (under jnd hds fwd L fin 1/2 RF trn, bk R, rec L) Lop Fcg / W ;

7-9 **Forearm Pass ; Open Basic ; Turning Cross Chasse fc wall shake hands ;**

7 {Forearm Pass}(Lop Fcg / W) Fwd L trng RF 1/4 chkg & catch W's Rt forearm w/ Rt hnd leading W into RF spin, - , sd R, XLIFR (fwd R, fwd L w/ spiraling action RF, fwd R fin RF trn) to end fcg man no hnds jnd ;

8 {Open Basic}(Op Fcg / RLOD) Sd R, - , XLIBR to 1/2 OP, rec R comm LF trn ;

9 {Turning Cross Chasse fc wall shake hnds}(Half Open /Fcg wall) Fwd L trng LF, sd R fc wall, XLIFR shake Rt hnds ;

10-12 **Open Break ; Trade Places Twice ; ;**

10 {Open Break}(Rt Handshake) Sd R, - , brk apt L, rec R ;

11 {Trade Places Twice} Pull by ptrn release Rt hnd hold passing Rt shoulders fwd L trng 1/2 RF, - , join Lft hnds rk apart R extending Rt arm out to sd, rec L ;

12 Pull by ptrn release Lft hnd hold passing Lft shoulders fwd R trng 1/2 LF, - , join lead hnds apart L extending trail arm out to sd, rec R ;

13-14 **Change Sides Inside Turn BFLY ; Basic Ending ;**

13 {Change Sides Inside Turn}(Lop Fcg / W) Fwd L twd W's Rt sd trng RF 1/2 leading W to roll LF, - , sd R, XLIFR (W fwd R twd M's R sd trng LF 1/2 to fc man, - , sd L, XRIFL) Lop M fcg COH ;

14 {Basic Ending} BFLY sd R, - , bk L, rec R ;

Stuck On You

15-16 **Trail Hand Curving Cross Chasse ; Basic Ending BFLY ;**

- 15 {Trail Hand Curving Cross Chasse}(BFLY) Comm LF trn fwd L lead W under jnd trail hnds, - , cont LF trn sd & fwd R, XLIFR (under jnd trail hds comm RF trn fwd R, - , sd & fwd L, XRIFL) end fcg ptng BFLY ;
- 16 {Basic Ending}(BFLY) Sd R, - , bk L, rec R ;

Repeat Intr

C - Shadow / LW - Shadow Diamond Turns ; ; ; ; Lunge Basic ;

- 1-4 {Shadow Diamond Turns}(Shadow / LW) Fwd L trng LF 1/4, - , sd & bk R LC, bk L ; Bk R trng LF 1/4, sd & fwd L RC, fwd R ; Fwd L trng LF 1/4 , - , sd & bk R RW, bk L ; Bk R trng LF 1/4 , sd & fwd L LW, fwd R end Shadow LW ;
- 5 {Lunge Basic}(Shadow / LW) Cont RF trn sd L to fc wall flexing knee, - , rec R, XLIFR ;

6-8 **Lunge Basic / Lady in 2 to face ; Under Arm Turn ; Open Basic into ;**

- 6 Sqg {Lunge Basic / Lady in 2 to face} Trng slightly LF sd R flexing knee, - , rec L, XRIFL (SS) (Trng slightly LF sd R flexing knee, - , rec L trng 1/2 LF) join lead hnds ;
- 7 {Under Arm Turn}(Lop Fcg / W) Sd L, - , XRIBL lead W under raised lead hnds, rec L (W sd R comm RF trn, - , fwd L trng RF under lead hnds, fwd R trn to face ptrn) ;
- 8 {Open Basic}(Lop Fcg / W) Sd R, - , XLIBR to 1/2 Open, rec R comm LF trn ;

9-11 **Right Turn Inside Roll ; Reverse Under Arm Turn ; Break Back / Lady Head Loop ;**

- 9 {Right Trn Inside Roll}(Half Open / W) Join/raise lead hnds fwd L twd LW 1/2 RF trn w/ strong lead side stretch, - , sd & fwd R lead W to RF underarm trn, XLIFR (W fwd R chg sides, - , fwd L LF trn under lead hnds, cont LF trn fwd R fc man) Lop Fcg / COH ;
- 10 {Reverse Under Arm Turn}(Lop Fcg / COH) Under jnd lead hnds sd R lead W into LF under arm trn, XLIFR, sd R (sd L comm LF trn, - , XRIFL LF trn 3/4, fwd L LF trn 1/4) ;
- 11 {Break Back / Lady Head Loop}(Lop Fcg / COH) Sd L raise jnd lead hnds, trng 1/4 RF bk R looping jnd lead hnds over ladies head, cl L (sd R trng LF under jnd lead hnds, bk L loop jnd lead hnds over head, cl R) momentary wrap pos fcg LOD ;

12-15 **Slow Lunge Apart ; Slow Recover Cross ; Slow Lunge Apart ; Slow Recover Cross ;**

- 12 S - -{Slow Lunge Apart}(Lop Fcg / RLOD) Release all hnds slow sd lunge R slowly sweep trail arm CW (CCW) until extended, - , - , - ;
- 13 SS {Slow Recover Cross}(Lop Fcg / RLOD) Slow rec L, - , slow XRIFL, - ;
- 14 S - -{Slow Lunge Apart}(Lop Fcg / RLOD) Slow sd lunge L slowly sweep lead arm CCW (CW) until extended, - , - , - ;
- 15 SS {Slow Recover Cross}(Lop Fcg / RLOD) Slow rec R, - , slow XLIFR, - ;

Stuck On You

Page 5

- 16-20 **Spot Turn to face Shake Hands ; Shadow Break Twice ; ; Half Moon ; ;**
16 {Spot Turn to face Shake Hands}(Op / Fcg LOD) Sd & fwd R comm RF trn, - , XLIFR trng 3/4 RF, fwd R shake R hnds ;
17-18 {Shadow Break Twice}(Handshake / COH) Sd L, - , trng RF 1/4 bk R, trng LF 1/4 sd L; Sd R, - , trng LF 1/4 bk L, trng RF 1/4 sd R fc ptrn ;
19 {Half Moon}(Handshake / COH) Sd L, - , bk R trng 1/4 LF, fwd L trng 1/4 LF (Sd R, fwd L across man trng LF 1/2, sd R) ;
20 Sd R, - , trng 1/4 RF fwd L chkg, rec R trng 1/4 LF (Sd L, trng LF 1/4 fwd R chkg, rec R trng 1/4 RF) fc ptrn release handshake ;

Repeat A

Br - Low BFLY / W - Hip Rock 2 Slows ;

- 1 SS {Slow Rock 2}(Low BFLY) Sd L, - , Sd R, - ;

End - BFLY - Side Basic ; Sweetheart Wrap ; Sweetheart Run ;

- 1 {Side Basic}(BFLY) Sd L, - , bk R, rec L ;
2 {Sweetheart Wrap}(BFLY) Sd R, - , lead W to trn under lead hnds XLIFR maintain trailing hnds, trng slightly LF sd & fwd R (sd L, - , fwd & across R trng LF under joined lead hnds, cont LF trn sd & fwd L) to end in Wrap Pos LOD ;
3 {Sweetheart Run} Fwd L, fwd R, fwd L ;

4-5 Lady Roll Out / Man Chair Recover Point / Hold ; Cross Lunge and Extend ;

- 4 qq - - {Lady Roll Out / Man Chair Recover Point / Hold }(Wrapped / LOD) Fwd R checking, (Sqq) rec L, Hold - , - (fwd L comm RF trn, fwd R trng RF, sd & bk L trng LF, -) Lop / fcg wall ;
5 S - - {Cross Lunge and Extend}(Lop / Fcg wall) XRIFL compress into R leg and extend arms, - , - , - ;

*Note: Drift Basic action may be danced as a Standard Basic.

Stuck On You

5 + Slow Two Step

40.5 (-10%)

Seq - Intro , A , Intr , B , Intr , C , A (Mod) , End

Intro - low BFLY / W - Wait 2 ; ; Under Arm Turn ; Open Break ;
Change Sides Inside Turn ; Open Basic ;
Man Switch ; Basic Ending BFLY ; Hip Rock 2 Slows ;

A - BFLY - Open Twisty Basics ; ; Traveling Right Turn ; w/ Outside Roll to ;
Hip Check w/ Inside Roll BFLY ; Lunge Basic ; Solo Turn 6 BFLY ; ;
Drift Basic ; Turning Drift Basic ; Left Turn Inside Roll ; into Lariat 3 / man turn left ;
w/ Outside Roll ; Open Basic ; Switches BFLY ; ;

Intr - BFLY - Turning Drift Basics face LOD ; ; Hip Rock 2 Slows ;
Under Arm Turn Overturn Shadow ; Basic / Man in 2 ;
Shadow Cross Hover 3 times end Shadow Wall ; ; ;

B - Shadow Wall - Lunge Basic ; Lunge Basic / Lady in 2 to face ; Under Arm Turn ;
Open Break ; Stop and Go ; ; Forearm Pass ; Open Basic ;
Turning Cross Chasse fc wall shake hands ; Open Break ; Trade Places Twice ; ;
Change Sides Inside Turn BFLY ; Basic Ending ;
Trail Hand Curving Cross Chasse ; Basic Ending BFLY ;

Intr - BFLY - Turning Drift Basics fc LOD ; ; Slow Rock 2 ; Under Arm Turn Overturn Shadow ;
Basic / Man in 2 ; Shadow Cross Hover 3 times end Shadow LW ; ; ;

C - Shadow LW - Shadow Diamond Turns ; ; ; ; Lunge Basic ;
Lunge Basic / Lady in 2 to face ; Under Arm Turn ; Open Basic into ;
Right Turn Inside Roll ; Reverse Under Arm Turn ; Break Back / Lady Head Loop ;
Slow Lunge Apart ; Slow Recover Cross ; Slow Lunge Apart ; Slow Recover Cross ;
Spot Turn to face Shake Hands ; Shadow Break Twice ; ; Half Moon ; ;

A - Handshake / W - Open Twisty Basics ; ; Traveling Right Turn ; w/ Outside Roll to ;
Hip Check w/ Inside Roll BFLY ; Lunge Basic ; Solo Turn 6 BFLY ; ;
Drift Basic ; Turning Drift Basic ; Left Turn Inside Roll ; into Lariat 3 / man turn left ;
w/ Outside Roll ; Open Basic ; Switches BFLY ; ;

Br - BFLY - Hip Rock 2 Slows ;

End - BFLY - Side Basic ; Sweetheart Wrap ; Sweetheart Run slowing down ;
Lady Roll Out / Man Chair Recover Point / Hold ; Cross Lunge and Extend ;