

LOVELY LOUGH CONN IV

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ADDRESS: 2803 Louisiana St., Longview, WA 98632
MUSIC: "Lovely Lough Conn" by Isla Grant
ALBUM: "The Best of Country & Irish" [Jan 2005]
DOWNLOAD: Available at several Internet download sites
FOOTWORK: Opposite, dir to man, unless noted in parentheses and italics
SEQUENCE: INTRO-A-A-B-C-A-B-END

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RHYTHM: Waltz
RAL PHASE: IV-a
DIFFICULTY: Easy
TIME@100%: 3:17
SUG. SPEED: 100%
REL. DATE: April, 2019

MEAS.

INTRODUCTION

1-4 2 MEAS WAIT LOP-FCG WALL ; ; TWIRL VINE ; PICKUP [CP LOD] ;

- 1-2 **[1-2]** In LOP-FCG WALL wait 2 meas ; ;
3 **[3] {Twirl Vine}** From LOP-FCG WALL sd L comm slight RF trn, XRib, sd L comm slight LF trn (*W sd and fwd R comm RF trn under joined lead hands, sd and bk L cont RF trn, sd and fwd R comp RF trn*) to SCP LOD ;
4 **[4] {Pickup}** Maintaining lead hands joined fwd R [leading woman to CP LOD], sd and fwd L, cl R (*W fwd L comm LF trn to CP LOD, sd and bk R comp trn, cl L*) ;

PART A

1-5 PROGRESSIVE BOX ; ; TELEMARK TO SCP ; IN AND OUT RUNS ; ;

- 1-2 **[1] {Progressive Box}** In CP LOD fwd L, sd R, cl L ; **[2]** Fwd R, sd L, cl R ;
3 **[3] {Telemark to SCP}** From CP LOD fwd L comm to trn LF, fwd and sd R cont LF trn, sd and fwd L (*W bk R comm to trn LF bringing L beside R with no weight, trn LF on R [heel trn] and change weight to L, sd and fwd R*) to tight SCP DLW ;
4-5 **[4] {In and Out Runs}** Fwd R comm RF trn (*W fwd L*), sd and bk L (*W fwd R*) to CP, bk R with R sd leading (*W fwd L*) to BJO ;
[5] Bk L trng RF (*W fwd R outside M trng RF*), sd and fwd R between woman's feet cont RF trn (*W sd and fwd L cont RF trn*), fwd L (*W fwd R comp RF trn*) to SCP DLW ;

6-8 CROSS PIVOT [SCAR DLW] ; TWINKLE TO BJO [DRC] ; FORWARD CHECKING [OPTIONAL LADY DEVELOPE] ;

- 6 **[6] {Cross Pivot}** From SCP DLW fwd R in front of W comm RF trn, sd L cont RF trn (*W fwd R between man's feet heel to toe pivoting 1/2 RF*), fwd R comp full RF trn (*W sd and bk L*) to SCAR DLW ;
7 **[7] {Twinkle to BJO}** From SCAR DLW fwd L with crossing action, fwd and sd R trng LF to BJO DRC, cl L (*W bk R, bk and sd L trng LF, cl R*) ;
8 **[8] {Forward Checking [Optional Lady Develop]}** In BJO DRC fwd R checking, -, - (*W bk L checking, optional bring R foot up L leg to inside of L knee, extend R foot forward*) ;

9-11 IMPETUS TO SCP [LOD] ; THRU SCP CHASSE TWICE ; ;

- 9 **[9] {Impetus to SCP}** From BJO DRC comm RF upper body trn bk L, cl R [heel trn] cont RF trn [about 3/8 trn], comp trn fwd L (*W comm RF upper body trn fwd R outside M's feet heel to toe pivoting 1/2 RF, sd and fwd L cont trn around M brush R to L, comp trn fwd R*) in SCP LOD ;
10-11 **[10] {Thru SCP Chasse Twice}** In SCP LOD thru R, fwd L/cl R, fwd L ; **[11]** Thru R, fwd L/cl R, fwd L ;

12-16 WEAVE TO BJO ; ; MANEUVER ; SPIN TURN ; BOX FINISH [LOD*] ;

- 12-13 **[12] {Weave to BJO}** From SCP LOD fwd R, fwd L comm LF trn, cont trn sd and slightly bk R (*W fwd L comm LF trn, cont trn sd and slightly bk R, cont trn sd and fwd L*) ;
[13] Bk L leading woman to step outside to CBMP, bk R cont LF trn, sd and fwd L (*W fwd R outside the M to CBMP, fwd L cont trn, bk and sd R*) to BJO DLW ;
14 **[14] {Maneuver}** From BJO DLW comm RF trn fwd R (*W bk L*), cont RF trn to fc ptr sd L, comp trn to CP RLOD cl R ;
15 **[15] {Spin Turn}** From CP RLOD comm RF upper body trn bk L toe pivoting RF, fwd R between W's feet heel to toe cont RF trn keeping L leg extended bk and sd, comp trn sd and bk L (*W comm RF upper body trn fwd R between M's feet heel to toe pivoting RF, bk L toe cont trn brush R to L, comp trn sd and fwd R*) to CP DLW ;
16 **[16] {Box Finish}** Bk R comm 1/8 LF trn, sd L, cl R to CP LOD* ; ***Note: CP DLC 2nd & 3rd time.**

LOVELY LOUGH CONN IV

PHASE IV-a WALTZ [Easy] BY SUSAN HEALEA

PART B

1-4 DIAMOND TURN TO SCAR DLW ; ; ; ;

- 1-4 [1] {Diamond Turn to SCAR} From CP DLC fwd L trng LF on the diag, cont LF trn sd R, bk L in BJO ;
 [2] Staying in BJO and trng LF bk R, sd L, fwd R in BJO ;
 [3] Fwd L trng LF on the diag, cont LF trn sd R, bk L in BJO ;
 [4] Bk R, small sd L leading W to left side (*W sd R*) to SCAR DLW, cl R ;

5-8 CROSS HOVER TO BJO ; CROSS HOVER TO SCAR ; CROSS HOVER TO BJO ; MANEUVER ;

- 5 [5] {Cross Hover to BJO} From SCAR DLW fwd L with slight crossing action comm to rise and beginning ¼ LF trn, sd and slightly fwd R cont rise and comp LF trn, diag fwd L to BJO DLC ;
 6 [6] {Cross Hover to SCAR} Fwd R with slight crossing action comm to rise and beginning ¼ RF trn, sd and slightly fwd L cont rise and comp RF trn, diag fwd R to SCAR DLW ;
 7 [7] {Cross Hover to BJO} From SCAR DLW fwd L with slight crossing action comm to rise and beginning ¼ LF trn, sd and slightly fwd R cont rise and comp LF trn, diag fwd L to BJO ;
 8 [8] {Maneuver} Comm RF trn fwd R (*W bk L*), cont RF trn to fc partner sd L, comp trn to CP RLOD cl R ;

9-12 SPIN TURN ; BOX FINISH ; TELEMARK TO SCP ; HOVER FALLAWAY ;

- 9 [9] {Spin Turn} From CP RLOD comm RF upper body trn bk L toe pivoting RF, fwd R between W's feet heel to toe cont RF trn keeping L leg extended bk and sd, comp trn sd and bk L (*W comm RF upper body trn fwd R between M's feet heel to toe pivoting RF, bk L toe cont trn brush R to L, comp trn sd and fwd R*) to CP DLW ;
 10 [10] {Box Finish} Bk R comm ¼ LF trn, sd L, cl R to CP DLC ;
 11 [11] {Telemark to SCP} From CP DLC fwd L comm to trn LF, fwd and sd R cont LF trn, sd and fwd L (*W bk R comm to trn LF bringing L beside R with no weight, trn LF on R [heel trn] and change weight to L, sd and fwd R*) to tight SCP DLW ;
 12 [12] {Hover Fallaway} Fwd R, fwd L rising to ball of foot checking, recover bk R ;

13-16 SLIP PIVOT ; FORWARD FACE CLOSE [CP WALL] ; CANTER TWICE ; ;

- 13 [13] {Slip Pivot} From SCP DLW bk L, bk R comm LF trn [keeping left leg extended], fwd L (*W bk R comm LF trn pivot on ball of foot [thighs locked L leg extended], fwd L comp LF trn placing L foot near M's R foot, back R*) to BJO LOD ;
 14 [14] {Forward Face Close} Comm RF trn fwd R (*W bk L*), comp RF trn to CP WALL sd L, cl R ;
 15-16 [15] {Canter Twice} In CP WALL sd L, draw R twd L, cl R ; [16] Sd L, draw R twd L, cl R ;

PART C

1-4 WALTZ AWAY ; LADY WRAP ; FORWARD WALTZ ; PICKUP [CP LOD] ;

- 1 [1] {Waltz Away} From CP WALL blending to only trail hands jnd and trng slightly away from ptr fwd L, fwd R, cl L ;
 2 [2] {Lady Wrap} Fwd R, fwd L, cl R (*retaining jnd trail hands W trns LF L, R, L wrapping with the W's L arm in front of her waist and M's R arm behind her waist and joining M's L and W's R hands in front of W at chest height*) to WRAPPED LOD ;
 3 [3] {Forward Waltz} In WRAPPED LOD fwd L, fwd and very slightly sd R, cl L ;
 4 [4] {Pickup} Maintaining lead hands joined and releasing trail hands fwd R [leading woman to CP LOD], sd and fwd L, cl R (*W fwd L comm LF trn to CP LOD, sd and bk R comp trn, cl L*) ;

5-8 INTERRUPTED BOX [CP LOD] ; ; ; ;

- 5-8 [5] {Interrupted Box} In CP LOD fwd L, sd R, cl L ;
 [6] Bk R with slight RF upper body rotation and raising lead hands, sd L leading woman to begin curving RF under joined lead hands, cl R (*W fwd L with slight RF upper body rotation, fwd R comm full RF circle under jnd lead hands, curve fwd L*) ;
 [7] Fwd L, sd R, cl L (*W curve fwd R, curve fwd L, curve fwd R comp full RF circle*) to CP LOD ;
 [8] Bk R, sd L, cl R ;

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**PHASE IV-a WALTZ [Easy]
BY SUSAN HEALEA**

ENDING

1-5 TWIRL VINE ; PICKUP [CP LOD] ; SWAY LEFT AND RIGHT ; ; HOLD ;

- 1 **[1] {Twirl Vine}** From CP WALL releasing trail side sd L comm slight RF trn, XRib, sd L comm slight LF trn (*W sd and fwd R comm RF trn under joined lead hands, sd and bk L cont RF trn, sd and fwd R comp RF trn*) ;
- 2 **[2] {Pickup}** Maintaining lead hands joined fwd R [leading woman to CP LOD], sd and fwd L, cl R (*W fwd L comm LF trn to CP LOD, sd and bk R comp trn, cl L*) ;
- 3-4 **[3] {Sway Left and Right}** In CP LOD sd L taking partial weight while stretching the L sd of the body [with the head swaying twd the R], cont to transfer weight to the L ft and comm straightening body, comp transfer of weight to L ft with body upright over L ft drawing R ft slightly to L ;
[4] Sd R taking partial weight while stretching the R sd of the body [with the head swaying twd the L], cont to transfer weight to the R ft and comm straightening body, comp transfer of weight to R ft with body upright over R ft drawing L ft slightly to R ;
- 5 **[5] {Hold}** -, -, - ;

6-9 DIAMOND TURN $\frac{3}{4}$ [WALL] ; ; ; BACK AND SIDE CORTE ;

- 6-8 **[6] {Diamond Turn $\frac{3}{4}$ }** From CP DLC fwd L trng LF on the diag, cont LF trn sd R, bk L in BJO ;
[7] Staying in BJO and trng LF bk R, sd L, fwd R in BJO ;
[8] Fwd L trng LF on the diag, cont LF trn to fc WALL sd R, bk L ;
- 9 **[9] {Back and Side Corte}** Blending to CP WALL bk R, sd L with slight lowering and relaxation of supporting leg and both dancers looking RLOD, - ; **SMILE** ☺

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**PHASE IV-a [Easy]
BY SUSAN HEALEA**

QUICK CUES

- I 2 MEAS WAIT LOP-FCG WALL ; ; TWIRL VINE ; PICKUP [LOD] ;
- A PROGRESSIVE BOX ; ; TELEMARK TO SCP ; IN AND OUT RUNS ; ;
CROSS PIVOT ; TWINKLE TO BJO ; FORWARD CHECKING [OPTIONAL LADY DEVELOPE] ;
IMPETUS TO SCP ; THRU SCP CHASSE TWICE ; ;
WEAVE TO BJO ; ; MANEUVER ; SPIN TURN ; BOX FINISH [LOD] ;
- A PROGRESSIVE BOX ; ; TELEMARK TO SCP ; IN AND OUT RUNS ; ;
CROSS PIVOT ; TWINKLE TO BJO ; FORWARD CHECKING [OPTIONAL LADY DEVELOPE] ;
IMPETUS TO SCP ; THRU SCP CHASSE TWICE ; ;
WEAVE TO BJO ; ; MANEUVER ; SPIN TURN ; BOX FINISH [DLC] ;
- B DIAMOND TURN TO SCAR [DLW] ; ; ; ;
CROSS HOVER TO BJO ; CROSS HOVER TO SCAR ; CROSS HOVER TO BJO ; MANEUVER ;
SPIN TURN ; BOX FINISH ; TELEMARK TO SCP ; HOVER FALLAWAY ;
SLIP PIVOT ; FORWARD FACE CLOSE [CP WALL] ; CANTER TWICE ; ;
- C WALTZ AWAY ; LADY WRAP ; FORWARD WALTZ ; PICKUP [LOD] ;
INTERRUPTED BOX [CP LOD] ; ; ; ;
- A PROGRESSIVE BOX ; ; TELEMARK TO SCP ; IN AND OUT RUNS ; ;
CROSS PIVOT ; TWINKLE TO BJO ; FORWARD CHECKING [OPTIONAL LADY DEVELOPE] ;
IMPETUS TO SCP ; THRU SCP CHASSE TWICE ; ;
WEAVE TO BJO ; ; MANEUVER ; SPIN TURN ; BOX FINISH [DLC] ;
- B DIAMOND TURN TO SCAR [DLW] ; ; ; ;
CROSS HOVER TO BJO ; CROSS HOVER TO SCAR ; CROSS HOVER TO BJO ; MANEUVER ;
SPIN TURN ; BOX FINISH ; TELEMARK TO SCP ; HOVER FALLAWAY ;
SLIP PIVOT ; FORWARD FACE CLOSE [CP WALL] ; CANTER TWICE ; ;
- E TWIRL VINE ; PICKUP [LOD] ; SWAY LEFT ; SWAY RIGHT AND HOLD ; ;
DIAMOND TURN $\frac{3}{4}$ [WALL] ; ; ; BACK AND SIDE CORTE ;