

# AMOUR SECRET (Secret Love)

**Music:** Hélène  
<https://www.amazon.fr/Amour-secret/dp/B003TI7T3Q>  
Time 3:32 Slow down w/ -5% & Shortened from 14,7 to 1.11,3 to Time 2:46  
Available from choreographer

**Rhythm:** Slow Two Step Phase: V+U

**Footwork :** Opposite except where (Noted)

**Release Date:** June 22

**Choreo:** Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

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**Sequence:** INTRO ABC BRIDGE INTRO(3-8) B B(9-12) END



## INTRO

### 01-04 CP WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; START LEFT TURNING BOX w/ INSIDE TWIRL ; ;

{Wait} CP WALL ld ft free wt 2 meas ; ; (Start Lft Trng Box w/insd Twirl) Fwd L comm trng LF fc LOD, -, sd R cont trn LF, XLif (W bk R comm trng LF, -, sd L cont trn LF, XRif) to CP LOD ; Bk R cont trng LF lead W LF twirl under ld hnds fc COH, -, sd L cont trn LF, XRif (W fwd L cont LF twirl under ld hands, -, cont twirl R, L) to CP COH ;

### 05-08 FINISH LEFT TURNING BOX w/ INSD TWIRL ; ; AIDA PREPARATION ; AIDA LINE SWITCH & RECOVER ;

(Finish Lft Trng Box w/ Insd Twirl) Fwd L cont trng LF RLOD, -, sd R cont trn LF, XLif (W bk R cont trng LF, -, sd L cont trn LF, XRif) to CP RLOD ; Bk R cont trng LF lead W LF twirl under ld hnds WALL, -, sd L cont trn LF, XRif (W fwd L cont LF twirl under ld hnds, -, cont twirl R, L) to CP WALL ; {Aida Prep} Sd L swiv to LOD, -, thru R, trng RF sd L fcg ptr ; {Aida Line } Trng RF bk R to V-BK-TO-BK RLOD, -, swiv on R bk & sd L to fcg ptr, rec L to Low bfly WALL [2<sup>th</sup> Time: to Pickg Up] ;

## PART A

### 01-04 LUNGE BASIC TWICE to Pickg Up ; ; TRAVELING CROSS CHASSES TWICE to BFLY WALL ; ;

{Lunge Basic x 2} Sd L lower into knee & extndg ld arm to sd, -, rec R, XLif (W XRif) ; Sd R lower into knee & exdgt trl arm sd, -, rec L, XRif (W XLif) to Pickg Up Low Bfly WALL ; {Trav Cross Chasses x 2 end to Bfly Wall} Trng sltly LF fwd L to DLC, -, w/ rt shldr ld sd & fwd R twd DLW, cl L ; Trng RF fwd R twd DLW, -, contg to trn RF sd & fwd L twd WALL, cl XRif to BFLY WALL ;

### 05-08 TURN INTO ROMANTIC SWAY's ; ; UNDERARM TURN INTO a RONDE LARIAT ; ;

{Trn Into Romantic Sway's} Relsg ld hnds Sd L & swiv LF (W RF) to bk-to-bk sweep ld hnds up & around to end stretched out to sd at shldr level, -, sd R, rec L ; Sd R and swiv RF (W LF) to fc bring ld hnds btwn ptrs to lead hip, -, sd L, rec R BFLY WALL ; {Underarm Trn Into Ronde Lariat} Sd L raise jnd ld hnds palm-to-palm, -, XRib, rec L (W sd R, -, XLif trng ¼ RF under jnd ld hnds, fwd R cont RF trn to fc M) ; [S/SQQ] Blend to CP sd & fwd R btwn W's ft trn upper body RF to lead W to ronde CW, -, swiv LF on R under jnd hnds to LOP LOD, hold (W sd L ronde R CW, -, XRib, sd & fwd L to fcg LOD) ;

### 09-12 OUTSIDE ROLL ; HIP LIFT ; FULL BASIC to Pickg Up ; ;

{Outsd Roll} Fwd L trn LF to fc ptr, -, sd R, XLif (W fwd R comm roll RF under jnd ld hnds, -, bk L cont roll, fwd R comp Roll to fc ptr) to Loose CP COH ; {Hip Lift} Sd R bring L ft along sd R ft, -, w/ pressure on L toe lift L hip, lwr hip ; {Full Basic} Sd L, -, XRib (W XLib), rec L ; Sd R, -, XLib, rec R trng LF (W sd L, -, XRib, fwd L stg to fold ifo M) to BFLY & Pickg Up ;

### 13-16 LEFT TURN w/ INSIDE ROLL ; R & L HAND PATTY CAKE ; ; REVERSE UNDERARM TURN ;

{Left Trn w/ Insd Roll} Fwd L leadg W Xg ifo M and trng the W LF fc, -, sd R, XLif (W fwd R Xg ifo M strtg a 1 ¼ LF trn under jnd rt hnds, -, fwd L cont LF trn, fwd & sd R compg LF trn) to rt hndshk WALL ; {Rt & lft hndshk Patty Cake} [w/ jnd rt hnds] Sd R, -, trng ¼ LF rk bk L to OP LOD xtnd ld arm to sd, rec R trng ¼ RF to fc ptr (W [jng rt hnds] sd L, -, trng ¼ LF rk fwd R xtnd trl arm to sd, rec L trng ¼ RF to fc ptr) ; [jng lft hnds] Sd L, -, trng ¼ RF rk bk R xtnd trl arm to sd, rec L trng ¼ LF to fcg ptr (W [jng lft hnds] sd R, -, trng RF rk fwd L xtnd ld arm to sd, rec R trng ¼ LF) to BFLY WALL ; {Reverse Underarm Trn} Relg trl hnds sd R raisg jnd ld hnds palm-to-palm, -, XLif, rec R (W sd L comm LF trn undr jnd ld hnds, -, XRif cont LF trn ½, rec L compg full trn) to BFLY WALL & Pickg Up ;

## PART B

### 01-04 TRIPLE TRAVELER ; ; ; START HORSESHOE TURN ;

{Triple Traveler} Fwd L trng LF & raisg jnd ld hnds to ld W into LF trn, -, fwd R, fwd L (W bk R trng ¼ LF, -, sd L trng ½ undr jnd ld hnds, sd & fwd R contg trn to LOP LOD) ; Fwd R spiral LF undr jnd hnds, -, fwd L, fwd R (W fwd L, -, fwd R, fwd L) ; Fwd L bring jnd hnds dwn & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc ptr, XLif (W fwd R comm RF trn, -, sd L cont RF trn undr ld hnds, fwd R to fc ptr) ; {Start Horseshoe Trn} Relg trl hnds Sd & fwd R trn to L-OP LOD, -, cont trn thru L to V pos LOD, XRib (W XLib) to V pos & raise ld hnds ;

**05-08 FINISH HORSESHOE TURN ; OP BASIC ENDING ; 2 SWITCHES ; ;**

**{Finish Horseshoe Trn}** Circ LF ½ to fc ptr & WALL fwd L, -, R, L (W circ tightly RF ½ undr jnd hnds fwd R, -, L, R to fc ptr & COH) to BFLY WALL ; **{OP Basic End}** Sd R trng to ½ LF (W RF) rlsng ld hnds OP LOD, -, XLib (XRib) rec R ; **{2 Switches}** Sd L Xg ifo W to ½ LOP, -, fwd R, fwd L (W fwd R, -, fwd L, fwd R manuvg ifo M) ; Fwd R, -, fwd L, fwd R trng to fc ptr (W sd L Xg ifo M, fwd R, fwd L trng to ptr) to ½ OP LOD ;

**09-12 THE SQUARE ; ; ; ;**

**{The Square}** In ½ OP LOD Fwd L trng RF movg ifo W, -, sd R twd COH, XLif (W fwd R, -, sd L twd COH, XRif) to end in left ½ OP fcg COH ; Fwd R, -, sd L twd RLOD, XRif (W fwd L trng RF movg ifo M, -, sd R twd RLOD, XLif) to end in ½ OP fcg RLOD ; Fwd L trng RF movg ifo W, -, sd R twd WALL, XLif (W fwd R, -, sd L twd WALL, XRif) to end in left ½ OP fcg WALL ; Fwd R, -, sd L twd LOD, XRif (W fwd L trng RF movg ifo M, -, sd R twd LOD, XLif) to ½ OP WALL ;

**13-16 BLEND to BFLY UNDERARM TURN ; OP BREAK ; FENCE LINE w/ ARMSWEEP TWICE [2<sup>th</sup> TIME: to ½ OP LOD] ; ;**

**{Blend to Bfly Underarm Trn}** Sd L raise ld hnds palm to palm, -, XRib, rec L (W sd R comm RF trn under ld hnds, -, XLif cont trn to fc RLOD, rec R to fc) ; **{OP Break}** Sd R, -, rk bk L, rec R (W sd L, -, rk bk R, rec L) to BFLY WALL ; **{Fence Line w/ Armsweep x 2}** Sd L, -, circg trl arm full CCW (W circ CW) XRif (W XLif) on soft knee, rec L ; Sd R, -, [circg ld arm full CW (W CCW) XLif XRif) on soft knee, rec R to Loose CP WALL [2<sup>th</sup> Time: to ½ OP LOD] ;

**PART C**

**01-04 STROLLING VINE w/ HESITATION & INSIDE ROLL ; ; STROLLING VINE w/ HESITATION & OUTSIDE ROLL to Pick Up ; ;**

**{Stroll Vine w/ Hesitation & Insd Roll}** [SQ&;SQQ] Sd L, -, XRib, swiv 1/8 LF on R (W sd R, -, XLif, swiv 1/8 LF on L) ; Sd & fwd L trng LF raisg ld hnds, -, fwd R, XLif to fc COH (W fwd R across LOD trng LF, -, roll LF under ld hnds L, R to fc ptr) ; **{Stroll Vine w/ Hesitation & Outsd Roll}** [SQ&;SQQ] Sd R, -, XLib, swiv 1/8 RF on L (W sd L, -, XRif, swiv 1/8 RF on R) ; Sd & fwd R trng RF raisg ld hnds, -, fwd L, XRif to fc WALL (W fwd L across LOD trng RF, -, roll RF under ld hnds R, L to fc ptr) to BFLY WALL & Pick Up ;

**05-08 TRAVELING X-CHASSE ; PASSING X-CHASSE ; W PASSING X-CHASSE ; TRAVELING X-CHASSE to WALL ;**

**(Trav X-Chasse)** Jng both hnds low trng LF fwd L, -, sd & fwd R, XLif (W bk R LF trn, -, bk & sd L, XRif) to DLC ; **(Passing X-Chasse)** Fwd R trng RF fc Wall, -, fwd & sd L cont RF trn, XRif of W fc DRW (W bk L trng RF, -, small sd R fc COH, XLif) ; **{W Passing X-Chasse}** Bk L trng RF, -, small sd R fc COH, XLif (W fwd R trng RF, -, fwd & sd L cont RF trng, XRif of M fwd DRW) ; **(Trav X-Chasse to WALL Manuv)** Fwd R trng RF, -, sd & fwd L to fcg WALL, XRif (W bk R trng LF, -, bk & sd L to fcg COH, XRif) to BFLY WALL ;

**09-12 CONTINUOUS TRAVELING RIGHT TURNS ; ; ; FORWARD FACE CLOSE ;**

**{Cont Trav Right Trns}** Sd & bk L ifo W to CP RLOD, -, XRib pressure wgt, twist trn 5/8 RF on both ft to fc DLW & shift full wgt bk to L (W fwd R LOD btwn M's ft, -, cont RF trn around M fwd L twd WALL, fwd R twd RLOD checkg) to end BJO M fcg DLW ; Fwd R outsd ptr foldg RF ifo W to CP RLOD, -, bk L pivot ½ RF, fwd R cont RF pivot (W bk L trng RF to square w/ ptr, -, fwd R pivot ½ RF, bk L cont RF pivot) to end approx CP DRW ; Cont RF trn sd & bk L to CP RLOD, -, XRib pressure wgt, twist trn 5/8 RF on both ft to fc DLW & shift full wgt bk to L (W fwd R LOD btwn M's ft, -, cont RF trn around M fwd L twd WALL, fwd R twd RLOD checkg) to end BJO M fcg DLW ; **{Fwd Fc Cl}** Fwd R LOD outsd ptr, -, trng RF to fc ptr sd L, cl R (W bk L LOD, -, trng RF sd R, cl L) to BFLY WALL ;

**13-16 ALTERNATING UNDERARM TURNS ; ; ; BASIC ENDING ;**

**{Alternating Underarm Trns}** Sd L raisg jnd ld hnds palm-to-palm, -, XRib, rec L (W sd R com RF trn undr jnd ld hnds, -, XLif cont RF trn ½, rec R compg full trn to fc ptr) ; [join trl hnds] Sd R comm RF trn undr jnd trl hnds, -, XLif cont ½ RF trn, rec R compg full trn to fc ptr (W sd L raisg jnd trl hnds palm-to-palm, -, XRib, recl L) ; [rejoin ld hnds] Repeat meas 13 Part C to BFLY WALL ; **{Basic Ending}** Sd R, -, XLib, rec R (W sd L, -, XRib, fwd L) to WALL no Hndhold ;

**BRIDGE**

**01-02 TIME STEP TWICE to CP ; ;**

**{Time Step x 2 to CP}** Rlsng hnds Sd L xtnd both arms to sd, -, XRib (W XLib), rec L ; Sd R xtnd both arms to sd, -, XLib (W XRib), rec R to CP WALL ;

**ENDING**

**01-04 UNDERARM TURN ; [Slow Down] PREPARATION to AIDA ; AIDA LINE & EXTEND ARMS ;**

**{Underarm Trn}** Blend to fc Sd L raisg jnd ld hnds palm-to-palm, -, XRib, rec L (W sd R com RF trn undr jnd ld hnds, -, XLif cont RF trn ½, rec R compg full trn) to BFLY WALL & slow down ; **{Aida Preparation}** Sd R swiv RF (W LF) to LOP RLOD, -, thru L trng LF (W RF) to fc ptr, sd R ; **{Aida Line & Xtnd Arms}** [S] Swiv LF (W RF) on R Bk L to V BK-TO-BK LOD, free hnds up & out, -, - ;