

Cross My Heart

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Music: I Cross My Heart by George Strait (Slow to 42 in DM)

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Available from Amazon.com

Sequence: Intro, A, B, Inter, A, B (mod), C, B, Inter, Ending Listen to full length music on Youtube Rhythm:

STS Soft V +0 +1 [Arm to Arm]

Intro: (6 measures) Men face partner and wall, 8' apart lead feet free

Wait;; 2 Very Slow Rumba walks;; Lunge Basic Twice with Arms; to cuddle pos;

1 - 6 Men face partner and wall 1d ft free {Wait};; {2 Slow Rumba Walks} slow fwd L; slow fwd R; {Lunge Basic Twice with Arms} Sd L on flex knee with lead arm sweep across core up and out,-, rec R, XLIFR; Sd R on flex knee with trail arm sweep across core up and out,-, rec L, XRIFL (blend to cuddle pos facing wall);

Part A: (18 measures)

2 Cuddles;; Underarm Turn; Basic ending; Left Turn Inside Roll; Basic Ending; Twisty

Basic Twice;;

Right Turn Outside Roll; Basic Ending; Underarm Turn (to handshake); Open Break; Trade

Places Twice (to lead hands);; Lady Spiral to a Natural Top;

Check Ronde to Semi Line and Break; Lunge Basic Twice;;

1-6: {2 Cuddles} Small side L,-, sd R, rec L; cls R to L,-, sd L, rec R; {Undrm Trn} Sd L comm ldng W undr jnd lead hnds,-, XRIBL, rec L (Sd R comm to trn RF undr jnd lead hnds, -, XLIFR to LOD cont trn RF $\frac{1}{2}$, rec fwd on R comp trn to fc ptr);

{Bas Endng} Sd R, -, XLIBR (XRIBL), rec on R (L);

{Left Turn w/ Insd Roll} Fwd L comm LF trn raisg jnd ld hnds to ld W's LF trn, -, sd R comm $\frac{1}{4}$ LF trn, XLif (W bk R comm. LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) to loose CP COH; {Bas Ending} Sd R, -, XLIBR (XRIBL), rec on R (L); 7- 12: {Twisty Basic Twice} Sd L (R)-, XRIB (XLIF), rec L (R) to face partner; Sd R (L)-, XLIB (XRIF), rec R (L) to face partner {Right Trn w/Outside Roll} Crossng in front of W sd & bk L to fc LOD,-, sd & bk R almost crossing in bk trng $\frac{1}{4}$ RF ldg W undr jnd ld hnds, XLIFR to fc ptr & Wall (Fwd R comm RF twrl undr ld hnds, -, fwd L, fwd & sd R to fc ptr & COH);

{Bas Endng} Sd R, -, XLIBR (XRIBL), rec on R; {Undrm Trn to handshake} Sd L comm ldng W undr jnd lead hnds, -, XRIBL, rec L to handshake (Sd R comm to trn RF undr jnd lead hnds, -, XLIFR to LOD cont trn RF $\frac{1}{2}$, rec fwd on R comp trn to fc ptr to handshake);

{Open Break keep Hndshk} Sd R,-, apart L, rec R (W sd L,-, apart R, rec L);

13 - 18 {Trade Places Twice} Fwd L trng $\frac{1}{2}$ RF to L hd shake,-, Rk bk R, Rec L; Fwd R trng $\frac{1}{2}$ LF to Lead Hnds,-, Rk bk L, Rec R; {Lady Spiral to a Natural Top} Trng $\frac{1}{4}$ RF Sd L to fac RLOD leading W to trn LF,-, XRIB of L regaining CP trng RF, Sd L facg LOD (Fwd R spiral LF,-, Small sd L to CP, Fwd R between M's ft); {Check Ronde to Semi Line and Break} Fwd R between W's ft chkg trng upper body RF leading W to Ronde her R leg,-, Rk bk L, Rec R (Sd & fwd L trng RF ronde R to face LOD,-, XRIB of L, rec L); {Lunge Basic Twice} Sd L on Flex Knee,-, rec R, XLIFR; Sd R on Flex Knee,-, rec L, XRIFL (Sd R on Flex Knee,-, Rec L, XRIFL; Sd L on Flex Knee,-, rec R, XLIFR);

Part B: (16 measures)

Full Basic With Arms;; Triple Traveler;;; Lariat 3 to fc; Cross Chasse; Open Basic; Men Arm to Arm 2 X;; Lady Arm to Arm 2 X;; Underarm Turn; Reverse Underarm Turn; Lunge Basic; Open Basic;

1-8 **{Full Basic With Arms}** Sd L,-, XRIBL, rec L; [Both start with arms crossed, slowly open palm up toward partner over first measure, remain open through second measure](W Sd R,-, XLIBR, rec R); Sd R,-, XLIBR, rec R;(W Sd L,-, XRIBL, rec L); **{Triple Traveler}** Fwd L trng slight LF fc DC,-, sd & fwd R, fwd L(W bk R trng LF,-,sd L trng LF under lead hnds,cont LF trng bk R fc wall); Fwd R spiral LF under jnd hnds,-, fwd L, fwd R (W trn fc LOD fwd L,-, fwd R, fwd) bringing hnds to shoulder level; Fwd L bringing jnd hnds down & bk,-, fwd R, fwd L bringing hnds up & around leading W to roll RF (W fwd R comm. RF turn,-, sd & bk L trng RF under jnd hnds, cont RF trn fwd R); **{Lariat 3 to fc}** Fwd R chking leading W around in front to wall, -, rec L, fwd R trng LF fc RLOD joined hnds over M's head (W fwd L around M,-, fwd R, fwd L fc RLOD) end LOP fc RLOD; **{Cross Chasse}** XLIF of R,-, sd R, XLIF of R; **{Open Basic}** Sd R trning LF to $\frac{1}{2}$ LOP fc LOD,-, rk bk L, rec R to fc ptr & wall;

9-16 **{Men Arm to Arm 2 X}** Men fwd L across in front of W trng rf,-, sd R, XLIF to Left Half Open LOD; fwd R across in front of W trng lf,-, sd L, XRIF to Half Open LOD; (W fwd R,-, L, R; fwd L,-, R, L) **{Lady Arm to Arm 2X}** Men fwd L leading W to cross in front,-, R, L; fwd R,-, L, R; (W fwd R across in front of M trng lf,-, sd L, XRIF to Left Half Open LOD; fwd L across in front of M trng rf,-, sd R, XLIF to Half Open LOD); **{Underarm Turn}** Sd L comm ldng W undr jnd lead hnds,-, XRIBL, rec L (Sd R comm to trn RF undr jnd lead hnds,-, XLIFR to LOD cont trn RF $\frac{1}{2}$, rec fwd on R comp trn to fc ptr); **{Reverse Underarm Turn}** Sd R,-, XLIF leading W to trn LF, rec R to BFLY (Sd L,-, XRIF trning LF $\frac{1}{2}$ to fc LOD, rec L to BFLY); **{Lunge Basic}** Sd L on Flex Knee,-, rec R, XLIFR;(Sd R on Flex Knee,-, rec L, XRIFL); **{Open Basic}** Sd R,-, trning to $\frac{1}{2}$ OP LOD brk bk L, rec R preparing to fold across lady (Sd L,-, trng to $\frac{1}{2}$ OP brk bk R, rec fwd L);

Interlude: (4 measures)

The Square;;;to cuddle pos;

{The Square} Like a switch sd L crossing IF of W,-, trng RF sd R twd COH in L $\frac{1}{2}$ OP, XLIF of R (Fwd R,-, sd L twd COH, XRIF of L starting to XIF of M); Fwd R,-, sd L twd RLOD, XRIF of L starting to XIF of W (Like a switch sd L crossing IF of M,-, trng RF sd R twd RLOD in $\frac{1}{2}$ OP, XLIF of R); Like a switch sd L crossing IF of W,-, trng RF sd R twd WALL in L $\frac{1}{2}$ OP, XLIF of R (Fwd R,-, sd L twd WALL, XRIF of L starting to XIF of M); Fwd R,-, sd L twd LOD, XRIF to Cuddle Pos; (Like a switch sd L crossing IF of M,-, trng RF sd R twd LOD in $\frac{1}{2}$ OP, XLIF of R to Cuddle Pos);

Repeat Part A:(18 measures)

Repeat Part B (Modified):(16 measures) Modify measure 16

{Basic Ending Picking up to LW} Sd R to BFLY ,-. XLIB, rec R, trng LF picking up W to low BFLY LW (W Sd L BFLY,-, XRIB, rec L trning LF to fc M low BFLY LW);

Part C:(9 measures)

Traveling Cross Chasse Twice;; Full Basic (LW);; Traveling Cross Chasse Twice (face Wall);; Twisty

Basic 2 X;; Riff Turn;

{Traveling Cross Chasse Twice} With hands at waist level elbows in fwd L trng slight LF,-, sd & fwd R, XLIF (W bk R slight LF trn,-, bk & sd L, XRIF); Trng RF fwd R,-, sd & fwd L, XRIF(W bk L trng RF,-, bk & sd R, XLIF); **{Full Basic (LW)}** [facing LW low BFLY] Sd L,-, XRIBL, rec L;(Sd R,-, XLIBR, rec R); Sd R,-, XLIBR, rec R;(Sd L,-, XRIBL, rec L); **{Traveling Cross Chasse Twice end facing Wall}** With hnds at waist level elbows in fwd L trng slight LF,-, sd & fwd R, XLIF (W bk R slight LF trn,-, bk & sd L, XRIF); Trng RF fwd R,-, sd & fwd L, XRIF [overturn to fc wall] (W bk L trng RF,-, bk & sd R, XLIF); **{Twisty Basic 2X}** Sd L w/slight RF trn,-, XRib, rec L; Sd R w/slight LF,-, XLib, rec R (Sd R w/slight RF trn,-, XLif, rec R; Sd L w slight LF trn,-, XRif, rec L); **{Riff Trn}** sd L raising lead hnds to lead the W to spin RF undr jnd hnds, cl R to L, sd L keeping lead hnds up, cl R to L (W sd & fwd R comm RF spin one full trn undr jnd hnds, cl L to R completing the spin, fwd R comm RF spin one full trn undr jnd hnds, cl L to R completing second spin) end fcg ptr WALL lead ft free;

Repeat Part B: (16 measures) Repeat

Interlude: (4 measures) Ending: (5

measures)

Vine 3 to semi; Thru Face Close; Hold, Promenade Sway; Slow Change To Oversway; Extend Left arms;

{Vine 3} sd L,-, XRibL, sd L (W sd R,-, XLibR, sd R);**{Thru Face Close}**; **{Hold, Prom Sway}** Hold,-, Sd & fwd L,-, with L sway [R sd stretch] stretch body upward to look over joined ld hnds **{Slow change to Oversway}** slowly change sway to the R [L sd stretch],-, Extend Left arms (Men place lady's lead hand on his left shoulder leading woman to release and extend left arm as he extends his left arm);