

DAS ABSOLUTE HERZGEFUHL

[The Absolute Heartfeeling]

Music: Helene Fischer
Cd:Zaubermond
<https://www.amazon.com/Zaubermond-Incl-Bonus-Helene-Fischer/dp/B00AWKSUQY>
<https://music.apple.com/de/album/zaubermond/1544490364>
Track # 17 Time 3:59 Available from choreographer

Rhythm: Rumba & Cha Cha Phase:V+1(Reverse Top)+1U(Surprise Check)

Footwork: Opposite except where (Noted)

Release Date: Sept 24

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

E-mail: jos.dierickx@telenet.be

Sequence: INTRO AB INTRO(7-8) AB C B END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES START WITH RUMBA ; ; FULL BASIC ; ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas start w/ Rumba ; ; {Full Basic} Fwd L, rec R, sd L, - ; Bk R, rec L, sd R to Cuddle Pos WALL, - ;

05-08 CUDDLE TWICE ; ; SCALLOP ; ;

{Cuddle x 2} Sd L, rec R, cl L (W swiv RF on L rk bk R in M's rt arm to fc DLW, rec L to fc ptr, sd R to mom cuddle pos), - ; Sd R, rec L, cl R (W swiv LF on R rk bk L in M's lft arm to fc DRW, rec R to fc ptr, sd L to mom cuddle pos), - ; {Scallop} Trng sharply to SCP LOD XLib (W XRib), rec R trng sharply to CP, sd L, - ; Thru R trng sharply to SCP LOD, sd L trng sharply to CP, cl R to CP WALL, - ;

PART A RUMBA

01-04 OP HIP TWIST INTO FCG FAN LOD ; ; NEW YORKER/ W WRAP FACING LOD ; OPPOSITE CUCARACHA ;

{OP Hip Twist to Fcg Fan LOD} Chk fwd L, rec R, cl L (W [QQQQ] bk R, fwd L, fwd L, pushg off M's ld hnd swvl ¼ RF), - ; Bk R, rec L trng ¼ LF to LOD, fwd R (W fwd L, trng LF sd R, cont LF trn bk L to RLOD) to fcg Fan Pos LOD, - ; {New Yorker/W Wrap Fcg LOD} Swiv RF on R rk fwd L to LOP Wall, rec R jng trlg hnds low, raisg ld hnds high to lead W to trn LF small sd L and lower ld hnds (W swiv LF on L fwd R to LOP Wall, bk R comm RF trn under jnd ld hnds, small fwd R cont trng ½ RF under jnd ld hnds) to WRAP Pos Fcg LOD, - ; {Opp Cucaracha} Rk sd R twd WALL (W rk sd L twd COH), rec L, cl R, - ;

05-08 OPPOSITE CUCARACHA /W ROLL to LOP LOD ; KIKI WALK 3 ; AIDA ; SWITCH ROCK ;

{Opp Cucaracha/W Roll to LOP LOD} Rk sd L COH, rec R, cl L (W rk sd R WALL rec L comm LF roll twd COH, fwd R cont LF roll leavg ld hnds jnd) to end in LOP both fcg LOD, - ; {Kiki Walk 3} [Placg each ft ifo the other w/ a swiv] Fwd R, L, R, - ; {Aida} [ld hnds fwd to LOD] Fwd L, fwd & sd R trng LF, bk L contg LF trn to "V" bk to bk pos, - ; {Switch Rock} Sd & bk R trng RF to fc ptr & low bfly, hip rk L, hip rk R to Low Bfly COH, - ;

09-12 BASIC HALF ; DBL HAND UNDERARM TURN to STACKED HANDS ; OP BREAK to FACE ; CHANGE SIDES/W UNDERARM ;

{Basic ½ to Low BFLY} Fwd L, rec R, cl L (W bk R, rec L, sd R) to Low Bfly COH, - ; {DBL Hnd Underarm Trn to Stacked Hnds} [Raisg ld arm high & bringing trl arm up to rt shldr level] XRib & taking ld arm first over W's head, rec L taking rt arm over W's head, sd R (W XLif trng RF under ld arm, rec R contg to trn under trl arm to fc M, sd L) to stacked hnds lft-over-rt, - ; {OP Break to Fc} [With stacked hnds] Apt L, rec R, fwd L to fcg W's rt sd, - ; {Change Sides /W Underarm} Fwd R to COH passing W's rt sd trng RF lead W trn under stacked hnds, small fwd L cont RF trn to fc, sd R (W fwd L to WALL twd M's rt sd trng LF under stacked hnds chg sds, cl R cont LF trn to fc, sd L) to BFLY WALL, - ;

13-16 BACK BREAK to ½ OP LOD ; M ROLL ACROSS ; W ROLL ACROSS ; START CRAB WALKS to LOD ;

{Bk Break to ½ OP LOD} XLib trng to ½ OP LOD, rec R, fwd L twd ½ OP LOD, - ; {M Roll Across} Fwd R begin RF trn, sd & fwd L Xg ifo W cont trn, sd & fwd R to ½ LOP LOD [w/ trl arms out to sd] (W fwd L, R, L), - ; {W Roll Across} Fwd L, R, L (W fwd R begin RF trn, sd & fwd L Xg ifo M cont trn, fwd & sd R) to ½ OP DLC [w/ ld arms extended to sd], - ; {Start Crab Walks to LOD} [Twd LOD & swiv to fc ptr] XRif (W XLif), sd L, XRif (W XLif), - ;

17-20 FINISH CRAB WALKS ; THRU SERPIENTE ; ; FENCE LINE w/ ARMSWEEP ;

{Finish Crab Walks} Sd L, XRif (W XLif), sd L, - ; {Thru Serpiente} [QQQQ;QQQQ] Thru R, sd L, XRib (W XLib), flare CCW w/ L-ft ; XLib (W XRib), sd R, XLif (W XRif), flare CCW w/ R-ft ; {Fence Line w/ Armsweep} XRif (W XLif) w/ bent knee rt arm circle CCW (W CW) ifo body, rec L, sd R to rt Hndshk WALL, - ;

21-24 FLIRT to FAN ; ; HOCKEY STICK ; ;

{Flirt to Fan} [w/ rt Hndshk] Fwd L, rec R, sd L (W bk R, rec L, fwd R swvl ½ LF) to VARS WALL, - ; [relsg hnds] Bk R, rec L, sd R (W slidg ifo M sd L, cl R, sd & bk L trng ¼ RF to RLOD) to "L" pos ld hnds jnd & W on the lft sd of M, - ; {Hockey Stick} Fwd L, rec R, cl L (W cl R, fwd L, fwd R), - ; Sm bk R, rec L, long fwd R (W fwd L, fwd R trng sharply 5/8 LF undr jnd ld hnds, bk L) to rt Hndshk DRW, - ;

PART B CHA CHA

01-04 TRADE PLACES TWICE ; ; TRADE PLACES/W INSIDE UNDERARM TURN ; W OUT to COH ;

{Trade Places x 2} [In rt hndshk] Rk apt L, rec R relg hnds & trng ¼ RF to fc RLOD (W trn LF), slide bhd W sd L/cl R reachg lft hnd to W's lft forearm & slidg hnd dwn her arm, sd L trng ¼ RF (W ¼ LF) to lft hndshk ; Apt R, rec L relg hnds trng ¼ LF to fc RLOD (W trn RF), slidg bhd W sd R/cl L reachg rt hnd to W's rt forearm & slidg hnd dwn her arm, sd R trn ¼ LF (W ¼ RF) to fc Wall in rt hndshk ; {Trade Places/W Insd Undrm Trn} Apt L, rec R comm to pass R shldrs while trng ½ RF to fc COH, bk L/cl R, ipl L (W apt R, rec L, fwd R trng 7/8 LF undr jnd rt hnds/cl L, ipl R fcg COH) relsg hnds ; (W Out to COH) Rk apt R, rec L, fwd R/lk Lib L, ipl R (W fwd L twd COH, fwd R comm LF trn, sd L cont LF trn to fc WALL/cl R, ipl L) to BFLY COH ;

05-08 START CHASE ; INTERRUPT w/ TRAVELING DOORS ; ; FINISH CHASE ;

{Start Chase} Fwd L trng ½ Rf, rec R, fwd L/lk Rib, fwd L (W bk R, rec L, fwd R/lk Lib, fwd R) to Tandem WALL M ifo W ; {Traveling Doors} Rk sd R, rec L, XRif (W XLif)/sd L, XRif (W XLif) ; Rk sd L, rec R, XLif (W XRif)/sd R, XLif (W XRif) ; {Finish Chase} Fwd R trng ½ LF, rec L, fwd R/lk Lib, fwd R (W bk L, rec R, bk L/lk Rif, bk L) to rt Hndshk COH ;

09-12 TRADE PLACES TWICE ; ; TRADE PLACES/W INSIDE UNDERARM TURN ; W OUT to WALL ;

{Trade Places x 2} Repeat meas 1,2 Part B ; ; {Trade Places/W Insd Undrm Trn} Repeat meas 3 Part B ; (W Out to WALL) Repeat meas 4 Part B to BFLY WALL ;

13-16 OP BREAK INTO NATURAL TOP ; ; SURPRISE CHECK INTO REVERSE TOP to WALL ; ;

{OP Break Into Nat Top} Rk apt L xtndg rt arm up w/ palm out, rec R lowerg rt arm trng ¼ RF, sd L/cl R, sd L (W rk apt R xtndg lft arm up w/ palm out, rec L loweng lft arm trng ¼ RF, XRif/sd L, XRif) to DRC ; XRib, sd L, XRib/ sd L, XRib (W trng RF sd L, XRif, sd L/XRif, sd L) to LOD ; {Surprise Check Into Reverse Top to Wall} Cont RF trn sd L to fc almost DLW checkg, trng LF rec R, trng LF XLif/sd R, XLif (W cont RF trn XRif checkg, trng LF rec L, trng LF sd R/XLib, sd R) to CP DRC ; Cont LF trn sd R, XLif, sd R/XLif, sd R (W trng LF XLib, cont LF trn sd & bk R, cont LF trn XLib/sd R, XLib) to CP WALL ;

PART C CHA CHA

01-04 OP BREAK ; WHIP & TWIRL ; NEW YORKER TWICE ; ;

{OP Break} Rk apt L, rec R, sd L/cl R, sd L ; {Whip & Twirl} Rk bk R trn ¼ LF raisg ld hnds, rec L trng LF to fc COH, sd R/cl L, sd R (W fwd L, fwd R trn ½ LF, under jnd ld hnds twirl LF sd & fwd L/R, sd L) ; {New Yorker x 2} Thru L to LOP LOD, rec R to fc, sd L/cl R, sd L ; Thru R to OP RLOD, rec L to fc, sd R/cl L, sd R to BFLY COH ;

05-08 CHASE w/ UNDERARM PASS ; ; TIME/SPOT & SPOT/TIME ; ;

{Chase w/ Underarm Pass} Fwd L trng RF ½ keepg ld hnds jnd w/ palm upwards, rec R, fwd L/cl R, fwd L (W bk R, rec L, fwd R/cl L, fwd R twd M's L sd) ; Bk R raisg ld hnds, rec L, sd R/cl L, sd R (W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L/cl R, sd L) to BFLY WALL ; {Time/Spot} [Relsg both hnds] XLib, rec R, sd L/cl R, sd L (W XRif trng LF, contg LF trn rec L to fc ptr, sd R/cl L, sd R) to LOP-FCG WALL ; {Spot/Time} XLif trng RF, contg RF trn rec R to fc ptr, sd L/cl R, sd L (W XRib, rec L, sd R/cl L, sd R) to rt Hndshk WALL ;

ENDING CHA CHA

01-03 ALEMANA ; ; SIDE/CROSS/SIDE/CROSS w/ ARMS ;

{Alemana} Fwd L, rec R, sd L/cl R, sd L ; [Raisg jnd hnds] Bk R, rec L, sd R/cl L, sd R (W trng RF undr jnd hnds fwd L, brush R fwd R cont full trn, fwd L/cl R, sd L) to BFLY WALL ; {Sd/X/Sd/X w/ Arms} [QQQQ] Sd L/XRif(W XLif)/sd L/XRif(W XLif) w/ bent knee trl arm circle CCW(W CW) ifo body ;