

SECRETS OF MY HEART

Music: Ernesto Cortazar

Cd: Legends Of The Sea

[Legend of the Sea - Album by Ernesto Cortazar - Apple Music](#)

Track # 7 Time 4:03 Accelerate w/ +12% With Intro Bij Jos

Cut From 1,40 to 1,50 To Time: 3:46 Available from choreographer

Rhythm: Slow Two Step

Phase: IV+1(Triple Traveler)

+ 3 U (Romantic Sway+Trav R Trn w/ Outsd Roll+ Cont Trav R Trn)

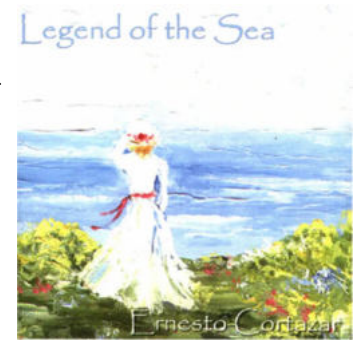
Footwork: Opposite except where (Noted)

Release Date: May 26

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Sequence: INTRO AB A BRIDGE AB AB END



INTRO

~01-04 BFLY POS WALL LEAD FOOT FREE WAIT 4 ½ MEASURES ~; ; ; ;

{Wait} Bfly Pos Wall ld ft free wt 4 ½ meas ~; ; ; ;

PART A

01-04 TURN INTO ROMANTIC SWAY'S ; ; START TRIPLE TRAVELER ; ;

{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 betwn ptrs to lead hip, -, sd L, rec R to Low bfly WALL ; {Start Triple Traveler} Fwd L stg LF upper bdy trn to ld W to M's lft sd raise ld hnds to start W into L trn, -, fwd R, fwd L (*W bk ¼ RF trn, -, cont trn sd & fwd L ½ LF trn under ld hnds, sd & fwd R cont LF trn to fc LOD*) ; Fwd R spiral LF under ld hnds, -, fwd L, fwd R (*W fwd L, -, fwd R, fwd L*) ;

05-08 FINISH TRIPLE TRAVELER ; OP BASIC ENDING ; TRAVELING RIGHT TURN w/ OUTSIDE ROLL ; ;

{Finish Triple Traveler} Fwd L bring ld hnds down & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc W, XLif (*W fwd R stg RF trn, -, sd L cont RF trn under ld hnds, fwd R to fc M*) to BFLY COH ; {OP Basic Ending} Sd R, -, XLib to ½ LOP RLOD, rec R ; {Travelg Right Trn w/ Outsd Roll} Trng RF xg ifo W sd & bk L to fc LOD, -, XRib, twist trn RF 5/8 on both ft to fc DRW, fwd L to RLOD (*W fwd R btw M's ft com RF trn, -, contg RF trn fwd L twd WALL, contg trn fwd R twd RLOD*) to BJO DLW ; Fwd R cont RF trn to fc COH raising jnd ld hnds, -, sd L, XRif (*W sd & bk L com RF trn undr jnd ld hnds, -, cont trn RF sd & fwd R, sd L*) end in LOP M fcg COH ;

09-12 LUNGE BASIC LEFT & RIGHT ; ; To RLOD START TRIPLE TRAVELER ; ;

{Lunge Basic x 2} Sd L lower into knee & extndg ld arm to sd, -, rec R, XLif (*W XRif*) ; Sd R lower into knee & exdng trl arm sd, -, rec L, XRif (*W XLif*) to Pickg Up Low Bfly WALL ; {Start Triple Traveler} Repeat meas 3,4 Part A ; ;

13-16 FINISH TRIPLE TRAVELER ; OP BASIC ENDING ; TRAVELING RIGHT TURN w/ OUTSIDE ROLL ; ;

{Finish Triple Traveler} Repeat meas 5 Part A ; {Basic Endg} Sd R, -, XLib, rec R (*W sd L, -, XRib, rec L*) to WALL & Mnvrg ; {Travelg Right Trn w/ Outsd Roll} Repeat meas 7,8 Part A to WALL ; ;

PART B

01-04 STROLLING VINE & INSIDE ROLL ; ; STROLLING VINE & OUTSIDE ROLL ; ;

{Strolling Vine & Insd Roll} [SS;SQQ] Sd L, -, XRib (*W XLif w/ LF trn like a pick up*), -, Trng LF sd & fwd L raisg jnd ld hnds to ld W's LF trn, -, contg LF trn sd R, XLif (*W sd & bk R trng LF, -, contg to trn undr ld hnds roll LF L, R*) to Loose CP COH ; {Strolling Vine & Outsd Roll} [SS;SQQ] Sd R, -, XLib (*W XRif startg RF trn*), -, Trng RF sd & fwd R raisg jnd ld hnds to ld W's RF trn, -, contg RF trn, sd L, XRif (*W sd & bk L trng RF, -, contg to trn under ld hnds roll RF R, L*) to WALL & Pickg Up ;

05-08 FOUR TRAVELING CROSS CHASSE to BFLY WALL ; ; ; ;

{4 Travel X-Chasse to BFLY WALL} Trng LF fwd L twd DLC, -, w/ rt shldr ld sd & fwd R twd DLW, XLif (*W XRif*) ; Trng RF sd & fwd R twd DLW, -, w/ lft shldr ld sd & fwd L twd DLC, XRif (*W XLif*) ; Repeat meas 5,6 Part B end to BFLY WALL ; ;

BRIDGE

01-04 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 ;

ENDING

09-13 SIDE to PROMENADE SWAY & OVERSWAY ; ; SLOW RISE TO SCP & FORWARD ; THRU VINE 4 to LEFT LUNGE & HOLD ; ;
{Prom Sway} Sd & fwd L trng to SCP stretching body up lookg over jnd ld hnds, -, -, -: **{Oversway}** Rotate body LF with L sd stretch (*W rotate LF with R sd stretch trng head well to the lft*), -, -, -; **{Slow Rise to SCP & Fwd}** [SS] Rise on R (*W rise on L swiv RF to SCP LOD*), -, fwd L, -; **{Thru Vine 4 to Lft Lunge & Hold}** Thru R, -, Qk sd L, XRib, sd L, XRif to SCP LOD Strong Sd & fwd L in lunge action bendg knee ; ;