BE CAREFUL IT’S MY HEART

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Music: Be Careful, It’s My Heart by Eydie Gorme
From the CD album Eydie Gorme The Best Songs
Available from iTunes Music Downloads

Rhythm/Phase: Two-Step Phase III
Music Speed: As downloaded
Footwork: Directions for M.
Sequence: Introduction A B C A Ending

Our special thanks to Stan and Deb S. for their contribution of this wonderful piece of Eydie Gorme music.

Note to dance leaders . . . The music opens up with a vocal that goes like this - -
“Sweetheart of mine, I sent you a Valentine,
Sweetheart of mine, it’s more than a Valentine*”

The dance tempo and Introduction music starts here*. Part A of the dance starts with the vocal “Be careful, it’s my heart.”

. . . . . . INTRODUCTION (2 Measures) . . . . .
OPN FCNG POS DLW W/ LEAD FEET FREE STEP APART & POINT; PKUP & TCH CP LOD;
[1] In opn fcng pos DLW with lead feet free step apart L, ¬, point R toward ptnr, ¬; [2] Fwd R picking up W clsd pos LOD, ¬, tch L to right, ¬;

. . . . . . PART A (16 Measures) . . . . .
2 FWD 2-STEPS FC WALL;; 2 TRNG 2-STEPS;; STROLLING VINE;;;; SOLO LT TRNG BOX
BLND BFLY;;;; 2 SD CLOSES; SIDE & THRU; 2 SD CLOSES; WALK & PKUP;
[1 & 2] Fwd L, cl R, fwb L, ¬; Fwd R, cl L, fwd R start slight rf turn to fc wall, ¬; [3 & 4] Sd L, cl R commence rf turn, sd & bk L across line of progression complete 1/2 rf turn, ¬; Sd R, cl L commence rf turn, fwb R complete 1/2 rf turn, ¬ [5 – 8] In clsd pos commence slight rf upper body turn sd L, ¬, with slight lf upper body turn XLIB of left, ¬. Continue turn sd L, continue turn cl R, continue turn sd L, ¬. Commence slight if upper body turn sd R, ¬, with slight rf upper body turn XLIB of right, ¬. Continue turn sd R, continue turn cl L, continue turn sd R, ¬;
[9 – 12] Beginning with ptnrs fcng and no contact sd L, cl R, fwb L turn 1/4 if [ptnrs are rt shldr to rt shldr], ¬; Sd R, cl L, bk R turn 1/4 if [ptnrs are back to back], ¬; Sd L, cl R, fwb L turn 1/4 if [ptnrs are lt shldr to lt shldr], ¬; Sd R, cl L, bk R turn 1/4 if [ptnrs now fcng bfly pos], ¬; [13] Sd L, cl R, sd L, cl R; [14] Sd L, ¬, toward LOD step thru R, ¬; [15] Sd L, cl R, sd L, cl R; [16] Toward LOD fwb L, ¬, fwb R small step picking up W clsd pos LOD, ¬;

. . . . . . PART B (16 Measures) . . . . .
2 FWD 2-STEPS;; PROGR SCIS CHKNG;; FISHTAIL; WALK & FC WALL; BROKEN BOX;;;;
IN CP SLIDE L & R; SD 2-STEP; IN CP SLIDE R & L; SD 2-STEP; 2 SD CLOSES; WALK & FC BFLY;
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. . . . . PART C (16 Measures) . . . . .
LACE UP BFLY;;;; SUSIE Q;;;; TRVLNG DOOR TWICE;;;; 2 SD CLOSES; WALK & PKUP;
LEFT TURNING BOX;;;; [1 – 4] Passing bhnd W with lead hands joined moving diag across line of progression fwd L, cl R, fwd L, -;
Fwd R, cl L, fwd R, -; Passing bhnd W with trail hands joined moving diag across line of progression fwd L, cl R, fwd L, -;
fwd L, -, fwd R small step picking up W clsd pos LOD, -; [13 – 16] Sd L, cl R, fwd L turn 1/4 rf, -; Sd R, cl L, bk R turn 1/4 lf, -;

. . . . . ENDING (6 Measures) . . . . .
PROGR SCIS CHKNNG;; WHALETAIL;; WALK & FC; STEP APART & POINT;
[1 & 2] Sd L, with slight right body rotation cl R, fwd L crossing in front, -; Sd R, with slight left body rotation cl L, fwd R crossing in front to bjo pos and chkng forward motion, -; [3 & 4] In bjo pos XLIB of right but not tightly, as body commences to turn right take small step sd R completing 1/4 rf body turn, fwd L with left shldr lead, XRIB of left but not tightly; Sd L commence lf body turn, cl R completing 1/4 body turn left, XLIB of right commencement rf body turn, sd R completing 1/4 body turn right; [5] Fwd L, -, fwd R turning to fc ptnr & wall, -;
[6] Step apart L, -, point R toward ptnr, -;
