Beat of Your Heart

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Music: CD Hayley Westenra: Pure - Track 5 (Edited)  
Rhythm: Phase V (+ 1 Rudolph Ronde) Slow Two Step 
Sequence: Intro – A – Int – B – C – B – Ending 
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Speed: 44 as desired.

INTRO

1  
WAIT ; ; LUNGE BASICS W/ARMS ; ;  
Open pos fc ptr & wall hands at sides ; ; | Lunge sd L extend lead arms and look to LOD, -, rec R, lower arms XLIF; lunge sd R extend trailing arms and look to RLOD, -, rec L, lower arms XRIF blending to CP Wall;

Part A

1 - 8  
BASICS ; ; TRAVELLING RIGHT TURN W/OUTSD ROLL ; ; SD BASIC ; OPEN BREAK HANDHAKE ;

CHANGE PLACES UNDERARM ; RUDOLF RONDE LARIAT ;
(Basic) CP M fcg WALL sd L, -, XRIB, rec L; Sd R, -, XLIB, rec R comm tm RF;
(Travel RT Turn) Cont tm RF crossing IF of W sd & bk L to fc RLOD, -, XRIB, twist tm RF 5/8 on both ft to fc DLW & shift wgt to L (W fwd R btwn M’s ft, -, fwd L, R around M RF) end CP M fcg DLW; Fwd R slightly trng RF to fc WALL raising jnd lead hnd to lead W tm RF, -, Sd L, XRIF (W Sd & bk L comm tm RF under jnd lead hnds, -, cont tm RF under jnd lead hnds R, L) end in LOP Fcg Pos M fcg WALL;
(Side Basic) Sd L, -, XRIB, rec L; (Open Break Handshake) Sd R join R hnds, -, apt L, rec R;
(Change Place) Fwd L twd W’s R Sd trng RF to fc COH leading W roll LF & release R hnds, -, sd R twd LOD, XLIF (W fwd R twd M’s R sd spiralng LF to fc WALL, -, Sd L, XRIF) to loose CP M fcg COH;
(Rudolph Ronde Lariat) Sd & slightly fwd R btwn W’s ft leading W ronde CW, -, hold 2 cts trng upper body LF to fc RLOD raising L hnd over head to lead W lariat (W sd & fwd L around M Rondo CW, -, XRIB cont walking circling around M, Sd & fwd L) end in LOP both fcg RLOD;

9 - 16  
OUTSIDE ROLL ; BASIC END ; OPEN BASICS ; ; 2 SWITCHES ; ; ;
(Outside Roll) Fwd L trng LF to fc WALL lowering jnd lead hnds, -, sd R raising jnd lead hnds to lead W tm RF under jnd lead hnds, XLIF lowering jnd lead hnds (W fwd R comm rolling RF under jnd lead hnds, -, cont rolling RF L, R to fc M & COH) to LOP WALL;
(Basic End) Sd R to CP, -, XLIB, rec R;
(Open Basics) CP M fcg WALL sd L, -, XRIB to L ½ OP, rec L to fc; Sd R, -, XLIB to ½ OP, rec R comm tm RF;
(Switches) Cont RF trn sd & bk L, - cont tm sd & fwd R to L ½ OP, fwd R (W fwd R btwn M’s ft, -,fwd L, fwd R comm. RF trn);
Fwd R btwn W’s ft, -, fwd L,fwd R comm. RF trn (W cont RF trn sd & bk L, - cont tm sd & fwd R to ½ OP, fwd R);
Repeat meas 15-16;

Interlude

1 - 2  
SIDE BASICS ; SWEETHEART WRAP W/TRANS;
BFLY M fcg WALL sd L, -, XRIB, rec L; rec L; Sd R, -, XLIB binging ld hands around W head to wrap, rec R (W sd L, -,XLIF trng LF under joined ld hands to wrap pos fc DW,-);

Part B

1 - 8  
SWEETHEART RUN 6 ; ; SWEETHEART SWITCH ; LADY ACROSS ; SHADOW LUNGE BASIC ;

SHADOW LUNGE L/TRANS FC ; BASICS ;
(Sweetheart Runs)Wrap pos same foot fwd L, - fwd R, fwd L; Fwd R, -, fwd L, fwd R comm. RT turn;
(Sweetheart Switch) Fwd & sd L across W tm RF fc LOD W on left side (W trng RF sd & bk L cont RF trn L wrap pos), -, fwd R, fwd L;
(Lady Across)Fwd R small step moving W across body, -, fwd L, fwd R(W fwd R across M, fwd L, fwd R) end wrap pos LOD; (Shadow Lunge Basic)Releasing hands turn to fc wall lunge sd L (W also) extend L arms, - rec R bring arms in, XLIF;
(Shadow Lunge L/Trans Fc)Lunge sd R extend R arms, -, rec L, cl R(W lunge sd R, rec L trng LF fc M, -) to CP fc wall;
(Basics) CP M fcg WALL sd L, -, XRIB, rec L; Sd R, -, XLIB, rec R comm tm LF (W rec L moving LF in front of M to CP);

(L turn Bfly) Fwd L LOD if tm, -, sd R, XLIF fc COH (W bk R if tm, -, sd L, XRF to BFLY fc WALL);
(Bk Bk & W'S Head Loop) Sd R loop M's rt W's lt hds over W's head placing hds on W's rt sh, -, bk L, rec fwd R RLOD (W sd L loop M's rt W's lt hds over head, -, bk R, rec fwd L RLOD);
(Underarm Turn Stacked Hands) Sd L, -, XRIIB lead ptr under dbl hd hold, rec fwd L Stacked Lft over Rt hands fc COH (W fwd R, -, fwd L rt tm under dbl hd hold, fwd R stacked hands L over R fc ptr & WALL);
(Open Break) Sd R, -, apt L, rec R;

(Change Sides Underarm) Fwd L COH chg sds lead W tm under stacked hds, -, sd R, XLIF dbl hd hold fc WALL (W fwd R WALL if tm under stacked hds chg sds, -, sd L, XRF fc COH);
(Lunge Basic) Lunge sd R, -, rec L, XRF(W lunge sd L, -, rec R, XLIF);
(Underarm Turn) BFFY M fc WALL sd L, -, XRIIB lead W under ld hands, rec L(W sd R, XLIF tmg RF under lead hands, fwd R tmg to fc M);
(Basic End) CP Sd R, -, XLIB, rec R tmn COH (W rec L moving COH in frnt of M to CP);

TRIPPLE TRAVELLER ; ; ; TUNNEL EXIT TO REV ; OUTSIDE ROLL ; BASIC END ; UNDERARM TURN ; BASIC END P/U : 
Fwd L tmg slight LF fc DC, -, sd & fwd R, fwd L(W bk R tmg LF, -, sd L tmg LF under lead hands, cont LF tmg bk R fc wall);
Fwd R spiral LF under joined hands, -, fwd L, fwd R (W tmn fc LOD fwd L, -, fwd R, fwd R) bringing hands to shoulder level;
Fwd L bringing joined hands down & bk, -, fwd R, fwd L bringing hands up & around leading W to roll RF (W fwd R tmn. RF turn, - sd & bk L tmg RF under joined hands, cont RF tmn fwd R);
Fwd R chking leading W around in frnt to wall, - rec L, fwd R tmg LF fc RLOD joined hands over M's head (W fwd L around M, - fwd R, fwd L fc RLOD) end LOP fc RLOD;
Fwd L bringing joined hands down & bk, -, fwd R, fwd L bringing hands up & around leading W to roll RF (W fwd R tmn. RF turn, - sd & bk L tmg RF under joined hands, cont RF tmn fwd R);
(Basic End) Blending to CP sd R to CP, -, XLIB, rec R;
(Underarm Turn) Sd L, -, XRIIB, rec L leading W to tmn RF under joined lead hands (W sd R comm. RF tmn, -, fwd R tmg RF, fwd R to RLOD tmg to fc M);
(Basic End P/U) Sd R to BFLY, -, XLIB, rec R tmg LF picking up W to low BFLY (W rec L tmng LF to fc M low BFLY);

3 TRAVELLING CROSS CHASSES ; ; ; PASSING TRAV CROSS CHASSE ; PULL PASS :
L RONDE INSIDE UNDERARM TURN ; WRAP SHADOW LUNGE ; SLOW ROCKS:
(Travel Cross Chasses) With hands at waist level elbows in fwd L tmng slight LF, -, sd & fwd R, XLIF (W bk R slight LF tmn, -, bk & sd L, XRIIF); Tmng RF fwd R, -, sd & fwd L, XRF(W bk L tmng RF, - bk & sd R, XLIF); XRF(W bk L tmng RF, - bk & sd L, XRIIF);
(Passing Trav Cross Chasses) Fwd R tmg RF fc Wall, -, sd L passing W cont tmn, XRF(W bk L tmng RF fc COH, -, small sd R cont tmn, XLIF) end M fc RLOD;
(Pull Pass) Bk L comm. RF tmn, - sd & bk R leading W to pass by to LOD, - (W fwd R, - fwd L, fwd R);
(L Ronde Inside Underarm Turn) Tmn to fc LOD stopping W's fwd movement leading W to tmn RF, -, lead W under lead hands to wrap small step bk L(W fwd L tmng RF/ronde R CW, -, XRIIB, tmng LF under lead hands fwd L);
(Wrap Shadow Lunge) Sd R completing wrap lowering hands in front of W, -, slight lower on R, -;
(Slow Rocks) Fwd L, -, rec R, -;

ENDING

TRIPPLE TRAVELLER ; ; ; TUNNEL EXIT TO REV ; OUTSIDE ROLL ; BASIC END ; SD TO HINGE ; EXTEND ARMS:
Repeat measures 1 – 6 of part C ; ; ; ; ;
(Hinge) Blending to CP fc Wall sd L, -, cont slight LF tmng lower on L, -(W sd R tmng LF, -, cl. to R, cont LF body tmn comm. lower on L extend R to RLOD look well to left); continue slight lowering release lead hands W place R hand on M's L shoulder both extend L arms out to side, - , - ;