BROKEN HEARTSTRINGS

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CD: Lupins Virgin RMC'D6001, CD Title “Thinking Of You” (Artist: Rita MacNeil) Track 6 “Broken Heartstrings” or download from internet site such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses)  Time: 3:22

RHYTHM: Waltz  RAL PHASE III

DEGREE OF DIFFICULTY: AVERAGE


MEAS:  

INTRODUCTION

1-4  BJO DLC WAIT 2 MEAS;; CROSS HOVER SCAR; CROSS HOVER SCP
1-2  Wait in BJO DLC w/ trail ft free;;
3  {Cross Hover to SCAR} BJO DLC XRif (W XLib), sd L w/ slight rise trn RF, rec R to SCAR DLW;
4  {Cross Hover to SCP} SCAR DLW XLif (W XRib), sd R w/ slight rise trn LF (W trn RF), rec L to SCP DLC;

5  PICKUP SIDE CLOSE;
5  {Pickup Side Close} SCP DLC Sm fwd R to CP LOD, sd L, cl R (W fwd L in front of M trn LF to CP, sd R, cl L);

PART A

1-4  2 LEFT TURNS FC WALL;; WHISK; THRU CHASSE TO SCP;
1-2  {2 Left Turns fc WALL} CP LOD Fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L to CP DRC (W bk R stg LF upper bdy trn, cont trn sd & fwd L, cl R); Bk R stg LF upper bdy trn, cont trn sd & fwd L, cl R to CP WALL (W fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L);
3  {Whisk} CP WALL Fwd L, fwd & sd R stg rise to ball of ft, XLib cont to full rise to ball of ft to tight SCP LOD (W bk R, bk & sd L stg to rise to ball of ft, XRib cont to full rise to ball of ft);
4  {Thru Chasse to SCP} SCP LOD Fwd R trn to fc, sd L/cl R, sd L to SCP LOD;

5-8  THRU HOVER BJO; BACK HOVER SCP; THRU CHASSE TO BJO; FWD FWD LOCK FWD;
5  {Thru Hover to BJO} SCP LOD Thru R, fwd L w/ rise, rec R to BJO LOD (W thru L, fwd R w/ rise trn LF & brush L to R, rec L to BJO);
6  {Back Hover to SCP} BJO LOD Bk L, sd & bk R w/ slight rise, rec L to SCP LOD (W fwd R, sd & fwd L w/ slight rise trn RF & brush R to L, rec R to SCP);
7  {Thru Chasse to BJO} SCP LOD Fwd R trn to fc, sd L/cl R, sd L to BJO DLW;
8  {Fwd Fwd Lock Fwd} BJO DLW Fwd R, fwd L/lk Rib (W lk Lif), fwd L;

9-12  MANEUVER; SPIN TURN; BOX FINISH; TURN LEFT & RIGHT CHASSE BJO;
9  {Maneuver} BJO DLW Stg RF trn fwd R, cont trn sd L, cl R to CP RLOD (W stg RF trn bk L, cont trn sd R, cl L);
10  {Spin Turn} CP RLOD Stg RF upper bdy trn bk L toe pvt 1/2 RF to fc LOD, fwd R between W's ft heel to toe cont trn leave L leg extended bk & sd, rec sd & bk L to CP DLW (W stg RF upper bdy trn R to M between M's ft heel to toe pvt 1/2 RF, bk L toe cont trn brush R to L, fwd R);
11  {Box Finish DLC} CP DLW Bk R trn 1/4 LF, sd L, cl R to CP DLC;
12  {Turn Left & Right Chasse to BJO} CP DLC Fwd L trn LF, sd R/cl L, sd & slightly bk R to BJO RLOD (W bk R trn LF, sd L/cl R, sd & slightly Fwd L);

13-16  BACK BACK LOCK BACK; IMPETUS TO SCP; THRU SIDE CLOSE; FORWARD HOVER CP;
13  {Back Back Lock Back} BJO RLOD Bk L, bk R/lk Lif (W lk Rib), bk R;
14  {Impetus to SCP} CP RLOD Stg RF upper bdy trn bk L, cl R heel trn, fwd L to tight SCP DLC (W stg RF upper bdy trn fwd R between M's ft heel to toe pvt 1/2 RF, sd & fwd L cont trn arnd M brush R to L, fwd R);
15  {Thru Face Close} SCP DLC Thru R trn RF (W thru L trn LF), sd L, cl R to CP DLW;
16  {Forward Hover to CP} CP DLW Fwd L, sd & fwd R w/ slight rise, rec L to CP DLW (W bk R, sd & bk L w/ slight rise, rec R);

17-18  BOX FINISH; LEFT TURN FC RLOD;
17  {Box Finish DLC} CP DLW Bk R trn 1/4 LF, sd L, cl R to CP DLC;
18  {Left Turn fc RLOD} CP DLC Fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L to CP RLOD (W bk R stg LF upper bdy trn, cont trn sd & fwd L, cl L);
PART B

1-4 BACK HOVER TO CP; HOVER SCP; HOVER FALLAWAY; SLIP PIVOT FC DLW:
1 {Back Hover} CP RLOD Stay in CP bk R, sd & bk L w/ slight rise, rec R (W fwd L, sd & fwd R w/ slight rise, rec L);
2 {Hover SCP} CP RLODL Fwd L, fwd & sd R rise to ball of ft, rec L to tight SCP WALL (W bk R, bk & sd L trn to SCP & rise to ball of ft, rec R);
3 {Hover Fallaway} SCP WALL Stay in SCP fwd R, fwd L rise to ball of ft & checking, rec bk R;
4 {Slip Pivot fc DLW} SCP WALL Bk L, bk R trn LF keep L leg extended, fwd L to BJO DLW (W bk R stg LF pvt on ball of ft w/ thighs locked L leg extended, fwd L cont trn plc L near M’s R ft, bk R);

5-8 MANEUVER; 2 RIGHT TURNS FC WALL;; TWIRL VINE 3;
5 {Maneuver} BJO DLW Stg RF trn fwd R, cont trn sd L, cl R to CP RLOD (W stg RF trn bk L, cont trn sd R, cl L);
6-7 {2 Right Turns fc WALL} CP RLOD Bk L trn RF, cont trn sd R, cl L to CP DLC (W fwd R trn RF, cont trn sd L, cl R); Fwd R trn RF, cont trn sd L, cl R to CP WALL (W bk L trn RF, cont trn sd R, cl L);
8 {Twirl Vine 3} CP WALL Sd L, XRib, sd L (W sd & fwd R trn 1/2 RF undr ld hands, sd & bk L trn 1/2 RF, sd R);

9 PICKUP SIDE CLOSE;
9 {Pickup Side Close} Sm fwd R to CP LOD, sd L, cl R (W fwd L in front of M trn LF to CP, sd R, cl L);

INTERLUDE

1-4 LEFT TURNING BOX;;;
1-4 {Left Turning Box} CP LOD Fwd L trn 1/4 LF, sd R, cl L to CP COH; Bk R trn 1/4 LF, sd L, cl R to CP RLOD; Repeat to CP LOD;;;

ENDING

1-4 BOX TO SCAR;; CROSS HOVER BJO; CROSS HOVER SCAR;
1-2 {Box to SCAR} CP LOD Fwd L, sd R, cl L; Bk R, sd L trn 1/8 RF, cl R to SCAR DLW;
3 {Cross Hover to BJO} SCAR DLW XLif (W XRib), sd R w/ slight rise trn LF, rec L to BJO DLC;
4 {Cross Hover to SCAR} BJO DLC XRif (W XLib), sd L w/ slight rise trn RF, rec R to SCAR DLW;

5-8 CROSS HOVER BJO; FORWARD CHASSE TO SCP; CHAIR & REC; CHAIR & HOLD;
5 Repeat meas 3;
6 {Forward Chasse to SCP} BJO DLC Fwd R trn to fc (W bk L trn to fc), sd L/cl R, sd L trn to SCP DLC;
7 {Chair & Rec} SCP DLC Fwd R lun stp, -, rec L (W fwd L lun stp, -, rec R);
8 {Chair & Hold} SCP DLC Fwd R lun stp (W fwd L lun stp), -, -;
| A | 2 LEFT TURNS FC WALL | ---- |
|   | WHISK             | THRU CHASSE TO SCP |
|   | THRU HOVER BJO    | BACK HOVER SCP    |
|   | THRU CHASSE TO BJO| FWD FWD LOCK FWD |
|   | MANEUVER          | SPIN TURN         |
|   | BOX FINISH         | TURN LEFT & CHASSE BJO |
|   | BACK BACK LOCK BACK| IMPETUS TO SCP |
|   | THRU SIDE CLOSE   | FORWARD HOVER TO CP |
|   | BOX FINISH         | LEFT TURN FC RLOD |

| B | BACK HOVER TO CP  | HOVER SCP |
|   | HOVER FALLAWAY    | SLIP PIVOT FC DLW |
|   | MANEUVER          | 2 RIGHT TURN FC WALL |
|   | ----              | TWIRL VINE 3    |
|   | PICKUP SIDE CLOSE |             |

| I | LEFT TURNING BOX  | ---- |
|   | ----              | ---- |

| END BOX | END SCAR |
| CROSS HOVER BJO | CROSS HOVER SCAR |
| CROSS HOVER BJO | FWD CHASSE TO SCP |
| CHAIR & REC    | CHAIR & HOLD    |

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(BJO DLC TRAIL FOOT FREE)