

Happiness & Heartaches

Choreo: Marcel & Chris Van Acker	Release date: 1 Juni 2010, Revised v 2.1
Belgium (Hemiksem)	Rhythm & Phase: Waltz Phase VI
	Music: "Happiness & Heartaches" by Des O'Connor
	Time & Speed: Added 2 measures for wait ; ; (available by choreographer)
	Footwork: Opposite except where indicated (W's footwork in parentheses)
E-mail: marcel.icbd@gmail.com	Sequence: AB Bmod C Cmod Bmod A Bmod C Cmod B Ending

PART A

1	Hover Telemark ;	In Cp Dlw fwd L, diagonal sd & fwd R rising slightly [hovering] with body trng 1/8 to 1/4 Rf, fwd L small stp on toes to SCP ; (<i>bk R, diagonal sd & bk L with hovering action & body turning 1/8 to 1/4 Rf, fwd R small stp on toes to SCP ;</i>)
2	Op Natural ;	Comm Rf upper body turn fwd R heel to toe, sd L across LOD, cont slight Rf upper body turn to lead ptr to stp outsd bk R with R sd leading to BJO pos ; (<i>Comm slight Rf upper body turn fwd L, fwd R, fwd L outsd ptr with L sd leading to BJO pos ;</i>)
3 - 4	R Chasse / W Spin & Develope (Hndshk) ; ;	XLib of R DLW, sd R/cl L, sd R (<i>W fwd R, fwd L right trng pivot / fwd R trng Rf bk L</i>) ; finishing flat footed Fcg COH with HOLD both holding right hands (<i>W bk R LOD raising L pointing RLOD</i>) looking at each other free arms extended ; [timing 1,2&3 ; 1,2,3 ;]
5 - 6	W L Spin ; to Cuddled Hinge ;	M Hold (<i>W fwd L RLOD, Lf spin on R, Lf spin on L bringing R to L and sway bk to RSCP Romantic pos</i>) both with R ft free ; twisting upper body Lf and hold Lady's left side waist (<i>W Sway Left extending head and Left arm well to left right hand on man's left shoulder</i>) ;
7	Hook & Unwind ;	XRib of L comm Rf twist trn, cont twist trn, rising on R fcg RLOD (<i>W wheel around fwd R, fwd L / fwd R, fwd L timing 1,2&3</i>)
8	Bk Hover Telemark ;	comm Rf upper body turn on L, cont turn sd & fwd R rising slightly [hovering] with body turning 1/8 to 1/4 Rf, fwd L small stp on toe to SCP ; (<i>comm Rf upper body turn fwd on R between M's ft pivoting 1/2 Rf, sd fwd L cont Rf turn rising slightly (hovering) with body turning 1/8 to 1/4 Rf, fwd R stp on toe to SCP ;</i>)

PART B

1	Hairpin ;	Thru R DLW comm to curve Rf heel to toe, with L sd stretch fwd L brushing thighs turning Rf, cont Rf turn swiveling Rf with strong L sd stretch banking into the turn fwd R outsd ptrnr in tight CBMP on toes fc RLOD ; (<i>Fwd on L, with R sd stretch bk R well under the body trng R, cont Rf turn swiveling Rf with strong R sd stretch bk L in tight CBMP on toes ;</i>)
2 - 3	Outside Spin to R Trng Lk ; ;	In CBMP prep to lead W outsd ptrnr comm Rf body turn toeing in with R sd lead bk L in CBMP small stp 3/8 turn to R on stp 1, fwd R in CBMP heel to toe cont to turn Rf, [3/8 Rf turn between stps 2 & 3] sd & bk L to end in CP 1/4 Rf turn on 3 to fc RLOD ; (<i>comm Rf body turn with L sd lead staying well in the M's R arm R ft fwd in CBMP outsd ptrnr heel toe, L ft cl to R ft on toes of both ft 5/8 turn between stps 1 & 2, cont to turn Rf 1/4 between stps 2 & 3 fwd R between M's ft to end in CP 1/8 Rf turn on stp 3 ;</i>) bk R bking LOD with R sd lead comm to turn Rf/X Lif of R to fc COH, with slight L sd stretch cont to turn upper body Rf sd & fwd R between M's ft cont to turn Rf, fwd L to SCP ; (<i>fwd L with L sd lead comm to turn Rf/XRib of L, with slight R sd stretch fwd & sd L staying well into the M's R arm cont to turn Rf, fwd R to SCP ;</i>)

PART B cont

4	Running Op Natural ;	Thru R in CBMP comm to turn Rf, sd & bk L with slght L sd stretch [3/8 Rf turn between stps 1 & 2]/bk R with R sd lead prep to lead W outsd prtnr [1/8 Rf turn between stps 2 & 3], with slght R sd stretch bk L in CBMP ; (<i>Thru L in CBMP comm upper body turn Rf staying well into M's R arm with slght R sd stretch fwd R/fwd L with L sd lead prep to stp outsd prtnr, with slght L sd stretch fwd R outsd prtnr in CBMP ;</i>)
5	Bk to Throwaway Oversway ;	Lower bk on R LOD trng Lf, sd & fwd L relaxing L knee & allowing R to point sd & bk while keeping R sd in twd W & looking at her [with L sd stretch ; (<i>W fwd L trng Lf, sd & fwd R trn Lf while relaxing R knee & sliding L ft bk under body past the R ft to point bk meanwhile looking well to the L & keeping L sd in twd M ;</i>)
6	Rise M Cls/ W Swivel (Same Ft Pnt) ;	Rising on L slow trn body Rf, cl R to L CP, Point sd L DLC ; (<i>W rise on R, swivel L 1/4 Rf fcg partner don't take wt, turn 1/4 Rf & point L fwd ;</i>)
7	Telespin Ending (Scp) ;	begin Lf turn on R/spin on L, sd R DLC to CP fcg wall, sd & fwd L LOD in SCP ; (<i>W fwd L LOD trng Lf/fwd & sd R DLC, trng Lf cl L to R in CP, fwd R LOD in SCP ;</i>)
8	Thru Chasse (Scp) ;	Thru R comm turn to fc, sd L/cl R, sd L to SCP pos ; (<i>Thru L comm turn to fc, sd R/cl L, sd R to SCP ;</i>)

PART Bmod

1	Hairpin ;	Meas. B 1
2	Royal Spin ; (Bjo Dw)	In BJO pos comm Rf body turn toeing in with R sd lead bk L small stp in CBMP [3/8 turn Rf on stp 1], fwd R outsd prtnr CBMP heel to toe cont to turn Rf, L ft passes under body with L sd lead fwd L to CBMP [5/8 Rf turn between stps 2 & 3] ; (<i>comm Rf body turn with a L sd lead staying well into M's R arm fwd R in CBMP heel to toe outsd prtnr, cont to turn Rf as L ft curls in small ronde CW raising L knee to bring L ft to R knee toes pointed down [5/8 Rf turn on ball of R ft between stps 1 & 2], cont to turn Rf touch L to R [3/8 Rf turn on ball of R ft between stps 2 & 3] ending in CBMP ;</i>)
3	Run Op Nat ;	Thru R in CBMP comm to turn Rf, - , sd & bk L with slght L sd stretch [3/8 Rf turn between stps 1 & 2]/bk R with R sd lead prep to lead W outsd prtnr in CBMP [1/8 turn R between stps 2 & 3], with slght R sd stretch bk L in CBMP ; (<i>Thru L in CBMP comm upper body Rf turn, - , staying well into M's R arm with slght R sd stretch fwd R/fwd L with L sd lead prep to stp outsd prtnr in CBMP, with slght L sd stretch fwd R outsd prtnr in CBMP ;</i>)
4	Bk to Tumble Trn ;	bk R turning 1/4 Lf, sd L/fwd R outsd prtnr using strong CBMP rising, cont Lf rotation with R sd stretch fwd L lowering with Lf pivoting action ; (<i>fwd L turning 1/4 Lf, sd R/bk L outsd prtnr using strong CBMP rising, cont Lf rotation with L sd stretch bk R lowering with Lf pivoting action ;</i>)
5	Bk to Hinge ;	Bk R LOD w/slt Lf trn, sd & bk L trng Lf, w/slt Lf body trn hold on L trng head R ; (<i>Fwd L LOD, sd & fwd R trng Lf w/head R, cont Lf turn bk L DLW with head well left & R toe pointed fwd DRC ;</i>)
6	Rec W Swivel to Same Ft Pnt ;	Rising on L slow trn body Rf, cl R to L CP, Point sd L DLC ; (<i>W Fwd R rising, swivel L 1/4 Rf fcg prtnr don't take wt, turn 1/4 Rf & point L fwd ;</i>)
7 - 8	L Standing Spin M Ronde ; ;	Fwd on L, Hold with R ft ronde & pivoting on L while W does a wheel around [like a Horse & Cart] ; - , - , Cl R to L to CP DLW ; (<i>W wheel around fwd L, fwd R, fwd L ; fwd R, Turn Left Fc Diagonal RLOD & COH, - ;</i>)

PART C

1	Hover Telemark ;	In CP DLW fwd L, diagonal sd & fwd R rising slightly [hovering] with body trng 1/8 to ¼ Rf, fwd L small stp on toes to SCP ; (<i>bk R, diagonal sd & bk L with hovering action & body turning 1/8 to ¼ Rf, fwd R small stp on toes to SCP ;</i>)
2	Thru Chasse (Scp) ;	Thru R comm turn to fc, sd L/cl R, sd L to SCP pos ; (<i>Thru L comm turn to fc, sd R/cl L, sd R to SCP ;</i>)
3	Pu w/Dbl Lk ;	Thru & fwd R, fwd L LOD / XRib of L, fwd L diag COH / XRib of L ; (<i>W Thru & fwd L, Sd & fwd R / XLif of R, bk R / XLif of R ;</i>)
4	Rev Fallaway ;	Fwd L DC trn Lf, sd R blend SCP, XLib of R fcg RLOD ; (<i>W bk R, trn Lf sd L, XRib of L ;</i>)
5	Slip Pivot to R Lunge ;	Bk R Slip pivtg Lf Fcg LOD, Fwd L to wall, R sway to R ; (<i>W pivtg Lf fwd L, Bk R, L sway to L ;</i>)
6	Spanish Drag ;	Compr right knee / sd L staying low, draw R to L, - ; (<i>Compr left knee / sd R staying low, draw L to R, - ;</i>)
7	Rudolph & Slip ;	CP DLW fwd R DLW on relaxed R leg rotating hips Rf, rec L, pivoting Lf on L pull R bk past L in CP DC ; (<i>CP DRC bk L DLW with a small step beginning a CW ronde with the R keeping the R toe down & trng head R, comp ronde stepping bk R under body, pivoting Lf on R slip L fwd in CP ;</i>)
8	Dbl Rev Spin ;	fwd L comm Lf turn, sd R [3/8 Lf turn between stps1 & 2], spin up to ½ Lf between stps 2 & 3 on ball of R bringing L ft under body besd R no wgt flexed knees ; (<i>bk R comm to turn Lf, L ft cl to R heel turn trng ½ Lf between stps 1 & 2/sd & slghtly bk R cont Lf turn, X Lif of R ;</i>)

PART Cmod

1	Hover Telemark ;	Meas. C 1
2	Thru Chasse (Scp) ;	Meas. C 2
3	Pu w/Dbl Lk ;	Meas. C 3
4	Rev Fallaway ;	Meas. C 4
5	Slip Pivot to R Lunge ;	Meas. C 5
6	Spanish Drag ;	Meas. C 6
7	Rudolph & Slip ;	Meas. C 7
8	Closed Telemark ;	CP DLC trng Lf fwd L DLC, cont Lf trn sd R DLC, fwd L DLW with L shoulder lead prep to step fwd outside ptr ; (<i>CP DRC trng Lf bk R DLC, cont Lf turn cl L to R (Heel Turn) and tnsfr wt to L, bk R DLW with R shoulder lead ;</i>)

ENDING

1	Op Natural ;	Meas. A 2
2 - 3	R Chasse/W Spin & Develope (Hndshk) ; ;	Meas. A 3 - 4
4 - 5	W L Spin ; to Cuddled Hinge ;	Meas. A 5 - 6
6	Trng Hover Trans (Scp) ;	Sd R trng Rf, Brush L to R, Fwd L to Scp ; (<i>comm Rf upper body turn fwd on R pivoting ½ Rf, sd fwd L cont Rf turn rising slghtly (hovering) with body trng 1/8 to ¼ Rf, fwd R stp on toe to SCP ;</i>)
7	Thru Fwd / W Sync L Trn ;	Thru R LOD, fwd L tch R to L, Side R ; (<i>thru L, fwd R begin Lf trn / bk L cont trng, bk R Fcg RLOD & COH/sd L ;</i>)
8	& Sway R	Stretching right side of body to lft Keep Leading hnds jnd pointing Low & Trailing hands side and High

Head Cues

Waltz VI - (Music: Des O'Connor) **Intro** added 2 meas for Wait ; ;

A (Cp Dlw - Ld Ft Free)

Hover Telemark ; Op Nat ;
R Chasse/W Spin & Develope ; (Hndshk) ;
W L Spin ; to Cuddled Hinge ;
Hook & Unwind ; Bk Hover Telemark ;

B

Hairpin ; Outside Spin to R Trng Lk ; ;
Run Op Nat ; Bk to Throwaway Oversway ;
Rise M Cls/W Swivel (Sm Foot Pnt) ;
Telespin Ending ; Thru Chasse (Scp) ;

Bmod

Hairpin ; Royal Spin (Bjo Dw) ; Run Op Nat ;
Bk to Tumble Trn ; Bk to Hinge ;
Rec W Swivel (Sm Foot Pnt) ;
L Standing Spin M Ronde ; ;

C

Hover Telemark ; Thru Chasse (Scp) ;
Pu w/DbL Lk ; Rev Fallaway ;
Slip Pivot to R Lunge ; Spanish Drag ;
Rudolph & Slip ; DbL Rev ;

Cmod

Hover Telemark ; Thru Chasse (Scp) ;
Pu w/DbL Lk ; Rev Fallaway ;
Slip Pivot to R Lunge ; Spanish Drag ;
Rudolph & Slip ; Cls Telemark ;

Bmod

Hairpin ; Royal Spin (Bjo Dw) ; Run Op Nat ;
Bk to Tumble Trn ; Bk to Hinge ;
Rec W Swivel (Sm Foot Pnt) ;
L Standing Spin M Ronde ; ;

A (Cp Dlw - Ld Ft Free)

Hover Telemark ; Op Nat ;
R Chasse/W Spin & Develope ; (Hndshk) ;
W L Spin ; to Cuddled Hinge ;
Hook & Unwind ; Bk Hover Telemark ;

Bmod

Hairpin ; Royal Spin (Bjo Dw) ; Run Op Nat ;
Bk to Tumble Trn ; Bk to Hinge ;
Rec W Swivel (Sm Foot Pnt) ;
L Standing Spin M Ronde ; ;

C

Hover Telemark ; Thru Chasse (Scp) ;
Pu w/DbL Lk ; Rev Fallaway ;
Slip Pivot to R Lunge ; Spanish Drag ;
Rudolph & Slip ; DbL Rev ;

Cmod

Hover Telemark ; Thru Chasse (Scp) ;
Pu w/DbL Lk ; Rev Fallaway ;
Slip Pivot to R Lunge ; Spanish Drag ;
Rudolph & Slip ; Cls Telemark ;

B

Hairpin ; Outside Spin to R Trng Lk ; ;
Run Op Nat ; Bk to Throwaway Oversway ;
Rise M Cls/W Swivel (Sm Foot Pnt) ;
Telespin Ending ; Thru Chasse (Scp) ;

End

Op Nat ; R Chasse/W Spin & Develope ; (Hndshk) ;
W L Spin ; to Cuddled Hinge ; Trng Hover Trans (Scp) ;
Thru Fwd / W Sync L Turn ; & Sway R