Heart

Choreographers: TJ & Bruce Chadd, 975 W Louisville Ct, Meridian, ID 83642
Phone: (208) 887-1271  email: TJChadd@gmail.com
Music: "Heart" by Reba McEntire / Album: Oklahoma Girl ~ available as single download Napster.com
Release Date: September 2010
Rhythm: Waltz  Phase: IV
Music Modification: Slow to 44 rpm or (2.3%) of original tempo
Sequence: Intro  AB  AB  (A-12)  End  Footwork: Opposite for Woman unless otherwise noted

INTRO (4 Measures)
1-4  CP FCING RLOD ~ WAIT: WAIT; SPIN TURN; 1/2 BOX BK SDLR:
   1-2  (Wait; Wait:) CP fcg RLOD--lead feet free--wait 2 measures;;
   3  (Spin Trn) Bk L pivoting 1/2 RF, fwd R between Lady's ft heel to toe cont trn, rec sd & bk L to CP DLW
      (Lady fwd R between Man's feet heel to toe pivoting 1/2 RF, bk L cont trn, sd & fwd R);
   4  (1/2 Box Bk to PU Sdcr) Bk R, sd L, clo R blending to Sdcr;

PART A (16 Measures)
1-5  X HVR BJO: X HVR SDLR: X HVR SCP: WEAVE TO BJO;;
   1  (X Hvr Bjo) Cross L in front of R, sd R with a slight rise commence L trn, rec L complete trn to Bjo;
   2  (X Hvr Sdcr) Cross R in front of L, sd L with a slight rise commence R trn, rec R complete trn to Sdcr;
   3  (X Hvr SCP) Cross L in front of R, sd R with a slight rise commence L trn, rec L complete trn to SCP;
   4-5  (Weave Bjo) Fwd R diagonal LOD and COH, fwd L commence LF trn, continue turing sd & slightly bk R to to fc diagonal RLOD and COH;
      Bk L LOD leading lady to step outside to CBMP, bk R continue LF trn, sd & fwd L diagonal LOD and Wall to Bjo;
      (Fwd L diagonal LOD & COH commence LF trn, continue to turn sd & slightly bk R to fc diagonal RLOD & wall,
       continue to turn sd & fwd L LOD; Fwd R LOD outside partner to CBMP, fwd L LOD continue to turn,
       sd R diagonal LOD to Bjo);

   6-8  MANU; OUTSIDE CHG SCP; PU;
   6  (Manu) Fwd R commence RF upper body trn, continue R fc trn to fc ptr sd L, clo R;
   7  (Outside Chg SCP) Bk L, bk R trning LF, sd & fwd R to SCP; (Fwd R, fwd L trning LF, sd & fwd R to SCP;)
   8  (PU) Thru R to SCP guiding ptr to PU LOD (Lady fwd L commence LF trn), sd L (Lady continue LF trn to fc ptr sd R), clo R to CP LOD;

   9-12  FWD WALTZ; FWD WALTZ DRIFTING APT; STEP THRU & FLARE; PU DLC;
   9  (Fwd Waltz) In CP fcg LOD--Fwd L, fwd R, clo L;
  10  (Fwd Waltz Drift Apt) Fwd R, fwd L, clo R drifting apt keeping Man's L & Lady's R hnds joined;
  11  (Step Thru & Flare) Thru L toward Wall, with softened L knee flare with R keeping toe toward the floor, -;
  12  (PU DLC) Thru R fwd COH guiding ptr to PU LOD (Lady fwd L commence LF trn), sd L (Lady continue LF trn to fc ptr sd R), clo R to CP DLC;

   13-16  TELEMRK SCP: THRU & CHASSE SEMI; PU DLW; CHG OF DIRECTION;
  13  (Telemrk SCP) Fwd L commencing LF trn, sd R continuing LF trn, sd and slight fwd L to end in tight SCP DLW;
      (Bk R commencing to trn L bringing L beside R with no weight, trn L fc on R heel (heel trn) and chg weight to L,
       sd and slightly fwd R to end in tight SCP DLW.)
  14  (Thru & Chasse SCP) Thru R commence trn to fc, sd L/clo R, sd L to SCP;
  15  (PU DLW) Thru R to SCP guiding ptr to PU LOD (Lady fwd L commence LF trn), sd L (Lady continue LF trn to fc ptr sd R), clo R to CP DLW;
  16  (Chg of Direction) Fwd L diag line and wall, fwd R diag with R shldr leading and trn LF, draw L to R and brush;

PART B (20 Measures)
1-4  DIAMOND TRN;);
 1-4  (Diamond Trn) Fwd L trning LF on the diagonal, continuing LF trn sd R, bk L w/ ptr outside the man in CBMP;
      Staying in CBMP & trning LF bk R, sd L, fwd R outside ptr in CBMP; Fwd L trning LF on the diagonal, sd R, Bk L w/ ptr outside
      man in CBMP: Bk R continue LF trn, sd L, fwd R to end DLC;

5-8  TRN LT & CHASSE BJO; IMP SCP; IN & OUT RUNS;;
  5  (Trn Lt & Chasse Bjo) Fwd L commence L fc upper body trn, sd R continue trn/clo L, sd R complete trn to Bjo;
      (Lady fwd R commences L fc upper body trn, sd L continue trn/clo R, sd L complete trn to Bjo;)
  6  (Imp SCP) Bk L start RF trn, clo R to L with heel trn 3/8, fwd L to SCP;
      (Lady fwd R between Man's feet, fwd L heel to toe pivoting 1/2 RF, fwd R to SCP;)
  7-8  (In & Out Runs) Fwd R commence RF trn, sd & bk L DLW to CP, bk R to CBMP; (Fwd L between man's ft, fwd R, fwd L;)
      Bk L commence RF trn, sd & fwd R between lady's feet cont RF trn, fwd L to SCP DLC;
      (Fwd R commence RF trn, fwd & sd L, fwd R to SCP DLC;)
"Heart" ….. Continued

PART B – CONTINUED

9-12
THRU HVR BJO; STEP BK & BK/LK BK; BK HVR SCP; NAT'L HVR FALLAWY
9 (Thru Hvr Bjo) Fwd R, fwd L with a slight rise, rec R;
   (Lady fwd L, fwd R with rise trn L fc brushing free ft to supporting ft to fc RLOD, rec L)
10 (Step Bk & Bk Lk Bk) In bjo pos bk L, bk R/lock L in front of R, bk R; (Lady fwd R, fwd L/lock R in bk of L, fwd L)
11 (Bk Hvr SCP) Bk L, Bk R with rise, rec L; (Lady fwd R, Fwd L with rise trn L fc brushing free ft to supporting ft to SCP, Fwd R)
12 (Nat’l Hvr Fallawy) Fwd R w/ slight RF body trn, fwd L on toe trn RF w/ slo rise, rec R; (Fwd L, fwd R on toe trn RF w/ slow rise, rec L)

13-16
SLIP PVT; MANU; SPIN TRN; BOX FIN;
13 (Slip Pvt) Bk L, bk R commence LF trn [keep L leg extended], fwd L to Bjo;
   (Bk R commence LF trn Pvt on ball of foot [thighs locked and L leg extended],
    fwd L completing LF trn placing L foot near man’s R foot, bk R to Bjo)
14 (Manu) Fwd R commence RF upper body trn, continue R fc trn to fc ptr sd L, clo R CP RLOD;
15 (Spin Trn) Bk L pivoting 1/2 RF, fwd R between Lady’s ft heel to toe cont trn, rec sd & bk L to CP DLW
   (Lady fdr R between Man’s feet heel to toe pivoting 1/2 RF, bk L cont trn, sd & fdr R)
16 (Box Fin) Bk R trn LF, sd L, clo R face DLC (Lady fwd L trn LF, sd R, clo L)

17-20
2 LT TRNS CPW; 1/2 BOX FWD; BK TRN LT 1/4 TO PU SDCR;
17-18 (2 Lt Trns) Fwd L commence up to 1/4 LF trn, continue turn sd R diag across line of progression turning up to 1/4 L, clo L;
   Bk R commence up to 1/4 LF trn, continue trn sd L toward line of progression turning up to 1/4 LF, clo R;
19 (1/2 Box Fwd) (CPW) Fwd L, sd R, clo L;
20 (Bk Trn Lt 1/4 to PU Sdcr) Bk R commencing LF trn, sd L, clo R blending to Sdcr;
   REPEAT PART A (16 Measures)
   REPEAT PART B (20 Measures)
   REPEAT PART A (Measures (1-12)
   END (1 Measure)

1
LUNGE TO THE SIDE & SHAPE:
1 (Lunge to the Side & Shape) Twd COH lunge L with soft knee and R leg straight ~ shape towards ptr.