Heart

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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 temp
Sequence: Intro AB AB A(1-12) End  Footwork: Opposite for Woman unless otherwise noted

INTRO (4 Measures)

1-4  CP FCING RLOD ~ WAIT; WAIT; SPIN TURN; 1/2 BOX BK SDCR;
     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 Sdc) Bk R, sd L, clo R blending to Sdc;

PART A (16 Measures)

1-5  X HVR BJO; X HVR SDCR; 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 trn R R to Sdcr;
     3  (X Hvr SCP) Cross L in front of R, sd R with a slight rise commence trn R 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 turn, 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 LOD diagonal 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 L 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 DLC (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 & SEMI CHASSE; 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 & Semi Chasse) 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 trn LF, 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 commence 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 CMBP; (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 R with a slight rise, rec R;
   (Lady fwd L, fwd R with rise turning 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 turning R fc brushing free ft to supporting ft to SCP, Fwd R;)

12  (Nat’l Hvr Fallawy)  Fwd R w/ slight RF body turn, fwd L on toe turning RF w/ slow rise, rec R;  (Fwd L, fwd R on toe turning RF w/ slow rise, rec L;)

13-16  SLIP PVT;  MANU;  SPIN TRN;  BOX FIN;

13  (Slip Pvt)  Bk L, bk R commence LF turn [keep L leg extended], fwd L to Bjo;
   (Bk R commence LF turn on ball of foot [thighs locked and L leg extended],
   fwd L completing LF turn placing L foot near man’s R foot, bk R to Bjo;)

14  (Manu)  Fwd R commence RF upper body turn, continue R fc turn to fc ptr sd L, clo R CP RLOD;

15  (Spin Trn)  Bk L pivoting 1/2 RF, fwd R between Lady’s L heel to toe cont turn, rec sd & bk L to CP DLW
   (Lady fwd R between Man’s feet heel to toe pivoting 1/2 RF, bk L cont turn, sd & fwd R;)

16  (Box Fin)  Bk R turning LF, sd L, clo R face DLC  (Lady fwd L turning 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 turn, 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 turn, continue turn 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 turn, sd L, clo R blending to Sdc;
   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.