Heart II

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Music: "Heart" by Reba McEntire CD: Oklahoma Girl ~ available as single download Amazon.com
Release Date: March 2015 Website: www.dancingchadds.com

Rhythm: Waltz Phase: II
Degree of Difficulty: Average
Original Length of Music: 3:03
Music Modification: None
Sequence: Intro AB AB A(1-12) End
Footwork: Opposite for Woman unless otherwise noted in (   )

INTRO (4 Measures)
1-4 BFLY FCING WALL ~ LEAD FEET FREE ~ WAIT; WAIT; APT PT; TOG CPW & TCH;
   1-2 {Wait; Wait;} Bfly fcing the WALL--lead feet free--wait 2 measures;;
   3 {Apt Pt} Apt L, pt R, -;
   4 {Tog CPW & Tch} Tog R to CP fcing WALL, tch L, -;

PART A (16 Measures)
1-4 LT TRNING BOX 1/2 TO FC COH;; BOX;;
   1-2 {Lt Trning Box 1/2 to Fc COH} From CPW...Fwd L commence 1/4 LF trn, complete trn sd R, clo L;  Bk R commence 1/4 LF trn, complete trn sd L, clo R to end fcing COH;
   3-4 {Box} Fwd L, sd R, clo L;  Bk R, sd L, clo R;
5-8 DIP BK & HOLD; REC & TCH; TO RLOD TW/VN 3; THRU FC CLO [CPW];
   5 {Dip Bk & Hold} Step bk to WALL L with relaxed knee, -, -;
   6 {Rec & Tch} Rec R remaining in CP, tch L to R, -;
   7 {To RLOD ~ Tw/Vn 3} With lead hnds joined & raised between ptrs ~ Twd RLOD Sd L, XRIB, sd L to Bfly;
   (Twd RLOD ~ Sd & fwd R trnig 1/2 RF under joined hnds, sd & bk L trnig 1/2 RF, sd R);
   8 {Thru Fc Clo} Thru R , sd L to CP fcing COH, clo R;
9-12 LT TRNING BOX 1/2 TO FC WALL;; BOX;;
   9-10 {Lt Trning Box 1/2 to Fc COH} From CP COH...Fwd L commence 1/4 LF trn, complete trn sd R, clo L;  Bk R commence 1/4 LF trn, complete trn sd L, clo R to end fcing WALL;
   11-12 {Box} Fwd L, sd R, clo L;  Bk R, sd L, clo R;
13-16 DIP BK & HOLD; REC & TCH; TW/VN 3 (LOD); PU LOD;
   13 {Dip Bk & Hold} Step bk twd COH L with relaxed knee, -, -;
   14 {Rec & Tch} Rec R remaining in CP, tch L to R, -;
   15 {Tw/Vn 3} With lead hnds joined & raised between ptrs ~ Twd LOD Sd L, XRIB, sd L to Bfly;  (Twd LOD ~ Sd & fwd R trnig 1/2 RF under joined hnds, sd & bk L trnig 1/2 RF, sd R);
   16 {PU to LOD} Thru R commence LF trn ~ leading lady to CP, sd & fwd L completing the turn to CP fcing LOD, clo R;
   (Thru L commence LF turn to CP, sd and bk R completing the turn, close L;)

PART B (20 Measures)

1-4 PROGRESSIVE BOX;; FWD & PT; BK & PT;
   1-2 {Prog Box} Toward LOD ~ Fwd L, sd R, clo L;  Fwd R, sd L, clo R;
   3 {Fwd & Pt} Fwd L, pt fwd R, -;
   4 {Bk & Pt} Bk R, pt bk L, -;
5-8 2 LT TRNS (CPW);; CANTER 2X;;
   5-6 {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 to CPW;
   7-8 {Canter 2X} Sd L, drw R to L, clo R; Repeat;
"Heart II" …… Continued

PART B ~ CONTINUED

9-12  LC ACROSS;  FWD WALTZ;  THRU TWINKLE LOD;  THRU TWINKLE RLOD;

9  {Lc Across}  To LOD ~ Passing beh Lady with lead hnds joined moving diagonally across LOD Fwd L, fwd R, clo L to R
10  {Fwd Waltz}  Fwd R, fwd L, clo R to L;
11  {Thru Twinkle LOD}  Thru L twd LOD w/ crossing step, sd R to fc ptr, clo L to R;
12  {Thru Twinkle RLOD}  Thru R twd RLOD w/ crossing step, sd L to fc ptr, clo R to L slight fc to LOD;

13-16  TO LOD LC BK;  THRU TWINKLE LOD;  THRU TWINKLE RLOD;  THRU FC CLO TO BFLY;

13  {Lc Bk}  To LOD ~ Passing beh lady with lead hnds joined moving diagonally across LOD Fwd L, fwd R, clo L to R;
14  {Thru Twinkle LOD}  Thru R twd LOD w/ crossing step, sd L to fc ptr, clo R to L;
15  {Thru Twinkle RLOD}  Thru L twd RLOD with crossing step, sd R to fc ptr, clo L to R;
16  {Thru Fc Clo to Bfly}  Thru R, sd L to Bfly fcng ptr & wall, clo R;

17-20  STEP TO OP & PT FWD;  SPIN MANU;  2 RT TRNS (CPW):

17  {Step to OP & Pt Fwd}  Step fwd L trning to OP LOD, pt fwd R, -;
18  {Spin Manu}  Fwd R commence RF upper body trn, continuing RF trn to face RLOD & ptr sd L, clo R;  (Commence LF spin in place L, R, L to end fcng LOD and ptr);
19-20  {2 Rt Trns CPW}  Bk L commencing RF trn, continue trn sd R twd LOD tning RF, clo L;  Fwd R commencing RF trn, continue trn sd L diagonally across LOD tning RF, clo R;  (Fwd R commencing RF trn, continue trn sd L diagonally across LOD tning RF, clo R;  Bk L commencing RF trn, continue trn sd R toward LOD tning RF, clo L;)

REPEAT PART A (16 Measures)

REPEAT PART B (20 Measures)

PART A (Measures (1-12)

1-4  LT TRNING BOX 1/2 TO FC COH;;  BOX;;

1-4  Repeat as Part A above;;;

5-8  DIP BK & HOLD;  REC & TCH;  TO RLOD TW/VN 3;  THRU FC CLO [CPW];

5-8  Repeat as Part A above;;;

9-12  LT TRNING BOX 1/2 TO FC WALL;;  BOX ~ SLOWING SLIGHTLY;;

9-10  Repeat as Part A above;;;

11-12  {Box ~ Slowng Slightly}  Fwd L, sd R, clo L;  Slowing with the music ~ Bk R, sd L, clo R;

END (1 Measure)

1  SLOW LUNGE SD & HOLD;;

1  {Slow Lunge Sd & Hold}  Twd LOD lunge L with soft knee and R leg straight ~ looking to LOD