

HERZKLOPFEN (Palpitations)

Music: Henry Arland
[www.amazon.co.uk/ Gefühle](http://www.amazon.co.uk/Gefuehle)
Track # 9 Time 3:41 Slow Down w/ -5%
Shortened from 43,0 to 1:170 to Time 3:07
Available from choreographer

Rhythm: Hes & Cant Waltz Phase: IV+1 (Natural Weave)

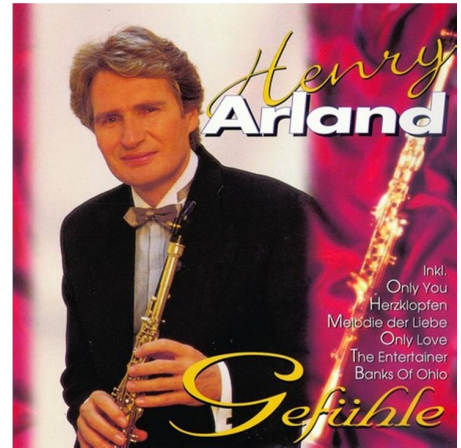
Footwork: Opposite except where (Noted)

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Sequence: INTRO AB AB A END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; TWIRL VINE ; THRU FACE CLOSE ;

{Wait} BFLY POS WALL Id ft free wt 2 meas ; ; {Twirl Vine} Sd L, -, XRib, -, -, sd L (W full RF trn undr jnd Id hnds sd & fwd R, -, -, sd & bk L, -, fwd R) to SCP LOD ; {Thru Fc Cl} Thru R, -, -, sd L trng to fc ptr, -, cl R ;

PART A

01-04 WHISK ; THRU SIDE BEHIND ; ROLL 3 to SCP ; CANTER FRONT VINE ;

{Whisk} Fwd L, -, -, fwd & sd R stg rise to ball of ft to SCP LOD, -, XLib (W XRib) cont to full rise ; {Thru Sd Behind} Thru R, -, -, sd L to fc prtn, -, XRib (W XLib) ; {Roll 3 to SCP} Rollg LF (W RF) down LOD fwd L to fc RLOD, -, -, cl R spinning on toe to fc LOD, -, fwd L to SCP LOD ; {Canter Front Vine} Thru R, -, sd L, XRib (W XLib), -, sd L & fwd to SCP LOD ;

05-08 WEAVE 6 to BJO ; ; FWD FWD/LOCK FWD ; CROSS PIVOT to SCAR ;

{Weave 6 to BJO} Fwd R, -, -, fwd L comm LF trn, -, sd R DRC ; Bk L LOD, -, -, bk R comm LF trn to contra bjo, -, sd & fwd to DLW ; {Fwd Fwd/Lk Fwd} Fwd R, -, fwd L/lk Rib, -, fwd L ; {Cross Pivot to SCAR} Fwd R in frt of W beg RF trn, -, -, sd L cont RF trn, -, fwd R (W sm bk L com RF trn, -, -, fwd R btw M's ft heel to toe pvtg ½ RF, -, sd & bk L) to SCAR DLW ;

09-12 CROSS HOVER to SCP ; IN & OUT RUNS ; ; OP NATURAL ;

{Cross Hover to SCP} XLif, -, -, sd R w/rise, -, rec L to SCP ; {In & Out Runs} Trng RF fwd R, -, -, sd & bk L cont trn to CP RLOD, -, bk R (W fwd L, -, -, fwd R between M's ft, -, fwd L) to BJO RLOD ; Trng RF bk L, -, -, cont trn fwd R between W's ft, -, sd & fwd L (W trng RF fwd R, -, -, cont trn sd L in frnt of M, -, cont trn fwd & sd R) to SCP LOD ; {OP Natural} Thru R stg RF trn, -, -, contg RF trn sd L in frt of W, -, bk R (W fwd L, -, -, fwd R between man's feet, -, fwd L) to BJO RLOD ;

13-16 CANTER ZIGZAG ; BACK & CHASSE to SCAR ; FORWARD CHECK/W DEVELOPE ; OP FINISH ;

{Canter Zigzag} Bk L trn RF, -, cl R (W sd L) cont RF turn, XLif trn LF, -, sd & bk R to BJO DRC ; {Bk & Chasse to SCAR} Bk L, -, trng RF chasse sd R, cl L, -, sd & fwd R to SCAR DLW ; {Fwd Ck/W Developpe} Fwd L outsd W ckg, -, -, bk R, bring L ft up R leg to insd of R knee, extend L ft fwd), -, -, ; {OP Finish} Bk R com LF trn, -, -, contg LF trn sd L to mom CP, -, compg ½ LF trn fwd R to BJO DLW ;

17-18 VIENNESE TURNS ; ;

{Viennese Trns} Fwd L comm LF trn, -, -, sd R cont LF trn, -, XLif (W Bk R comm LF trn, -, -, sd L cont LF trn, -, cl R) ; Bk R cont LF trn, -, -, sd L cont LF trn to fc DLC, -, cl R (W fwd L cont LF trn, -, -, sd R cont LF trn, -, XLif) to DLW ;

PART B

01-04 HOVER ; HOVER FALLAWAY ; BACK HOVER to SCP ; CHAIR & SLIP ;

{Hover} Fwd L, -, -, fwd & sd R rise to ball of ft, -, rec fwd L (*W rec fwd R*) end SCP LOD ; **{Hover Fallaway}** Fwd R, -, -, fwd L rise to ball of ft checking, -, rec bk R ; **{Bk Hover to SCP}** Bk L, -, -, bk R trn RF to W, -, fwd L trng LF (*W bk R, -, -, sd L trn LF to fc ptr, -, fwd L*) to SCP DLW ; **{Chair & Slip}** Ck fwd R w/bent knee, -, -, rec L w/ slight LF trn, -, sm bk R (*W ck fwd L, -, -, rec R swvlg 5/8 LF, -, fwd L*) to CP DLC ;

05-08 OP REVERSE TURN ; HOVER CORTE ; CANTER ZIGZAG ; BACK WHISK ;

{OP Reverse Trn} Fwd L comm strong LF trn, -, -, cont trn stp bk & sd R to fc RLOD, -, bk L under body blend to BJO (*W thru R*) w/ r-shldr ld ; **{Hover Corte}** Bk R, -, -, trng LF sd & fwd L LOD leavg R leg in pl, -, compg ½ LF trn rec R (*W fwd L, -, -, trng LF sd & fwd R & brush L to R, -, fwd L*) to BJO DLW ; **{Canter Zigzag}** Repeat meas 13 Part A ; **{Bk Whisk}** Bk L, -, -, bk & sd R, -, XLib w/ rise (*W XRib*) ;

09-12 NATURAL WEAVE ; ; OP NATURAL ; OVER SPIN TURN ;

{Natural Weave} Fwd R trng RF, -, -, sd L, -, bk R (*W fwd L, -, -, R between M's ft, -, fwd L*) to BJO DRW ; Bk L, -, -, bk R in CP trng LF, -, cont LF trn fwd L to BJO DLW ; **{OP Natural}** Thru R comm RF trn, -, -, sd L cont trn, -, bk R lead W to step outsd ptr (*W thru L, -, -, fwd R, -, fwd L outsd ptr*) to BJO DRC ; **{Over Spin Turn}** Bk L piv 1/2 RF to fc LOD, -, -, fwd R cont RF trn to fc DRW rising on ball of ft leaving L leg extended Bk, -, rec sd & bk L to CP DRW ;

13-16 BACK & CHASSE to 1/2 OP LOD ; OP IN & OUT RUNS ; ; THRU FACE CLOSE ;

{Bk & Chasse to ½ OP LOD} Bk R trng LF, -, cont trn sd L, cl R, -, fwd L to ½ OP LOD ; **{OP In & Out Runs}** Fwd R begin RF trn, -, -, sd & fwd L XIF of W cont trn, -, sd & fwd R (*W fwd R, -, -, L, -, R*) to ½ LOP LOD w/ free arms out to sd ; Fwd L, -, -, R, -, L (*W fwd R begin RF trn, -, -, sd & fwd L XIF of M cont trn, -, fwd & sd R*) to ½ OP LOD w/ free arms out to sd ; **{Thru Fc Cl}** Repeat meas 4 Intro ;

ENDING

01-04 TWIRL VINE ; PICK UP in SCAR ; FORWARD CHECK/W DEVELOPE ; OP FINISH ;

{Twirl Vine} Repeat meas 3 Intro ; **{PU in SCAR}** Sm fwd R ldg W to fold in frt, -, -, sd L, -, cl R (*W trng LF fwd L foldg in frt of M*) swivel to SCAR DLW ; **{Fwd Ck/W Develope}** Repeat meas 15 Part A ; **{OP Finish}** Repeat meas 16 Part A ;

05-07 TURN LEFT & CHASSE to BJO ; OP IMPETUS ; CHAIR & HOLD ;

{Turn Left & Chasse to BJO} Fwd L stg to trn LF, -, contg LF trn sd R, cl L, -, sd & bk R to BJO DRC ; **{Impetus to SCP}** Bk L start RF trn, -, -, cl R cont trn, -, fwd L (*W fwd R o/s M trn RF, -, -, fwd L cont trn, -, fwd R*) to SCP LOD ; **{Chair}** [S] Strong fwd R in lunge action bending knee, hold to the end of the music ;