IDEAS

BY: Curt & Tammy Worlock, 3613 Citrus Tree Court, Plant City, FL 33566 (813)-759-8313
RECORD: Special Press (Flip "Wounded Heart") Available from choreographer or Palomino
PHASE: VI FOOTWORK: Described for man - woman opposite (or as noted) DATE: Jan. 2001

INTRO

1 - 4 WAIT: ROLL 3 TO BJO W CL; STANDING SPIN 4; SWVL TO FC.-, SNAP SEMI.-;
Wait 1 meas about 4 feet apart with hands on front of hips facing DLW (DLC) and R (L) ft pressed fwd twd ptr and looking at ptr in press line;
{Roll 3 To Bjo Trans. QQS (QQQQ)} Fwd R comm RF roll, cl L to R cont RF roll, fwd R (fwd L comm LF roll, cl R to L cont LF roll, fwd L, cl R to L) to CBJO WALL.-;
{Standing Spin 4 QQQQ} Fwd around W clockwise L, R, L, R (keep feet together but maintain wgt on R ft);
OPTION: W may lift L ft to R knee like in a tomillo position and hold through standing spin for more effect.
{Swvl Fc & Snap Semi &SS&S} Without wgt change in this meas swvl sharply RF on R ft bring feet together & trn W to CP WALL/hold and look at ptr.-, sharply trn to SCP settling in tap pos/hold (after M swvlis you to CP/cl L to R and look at ptr.-, sharply trn to SCP settling in tap pos/hold) in SCP LOD.-;

PART A

1 - 4 CLOSED PROM;.-, OPPOSITION PT.-; RISE W CLOSE.-, CONTRA CK HOLD;.-, REC SEMI;.-;
{Closed Prom SQQS} Fwd L.-, fwd & across R, sd & slightly fwd L trg square to W; Cl R to L (fwd R., fwd & across L, trg LF sd & slightly bk R; cl L to R) to CP DLW.-;
{Opp Pt & Rize W Cl &SS&S} Forcing W to cl by trg R hip RF into W/as you sharply lower on R allowing L ft to slide sd twds DLC and hold opp line away from ptr and twds extended L ft.-; Sharply rise bringing feet together/and look at ptr (cl R/sharply lowering on R allowing L ft to slide sd twds DRW & hold opposition line.-; sharp rise/cl L to R and look at ptr) still in CP DLW.-;
{Contra CK Hold & Rec Tap Semi &SS&S} Sharply lower keeping hips up to ptr/fwd L DLW in contra body movement R sd leading & look twd ptr (head well to L).-; Hold contra check line.-, sharp rec R trng W RF to SCP/settling in tap position SCP LOD.-;

5 - 8 NAT FALLAWAY WHISK;.-, LEFT WHISK;.-, TWIST TURN 4 TO SEMI;.-, & HEAD FLICK;.-;
{Nat Fall Whisk SQQQ} Fwd L.-, comm RF trn fwd L, cont RF trn sd & bk L to CP approximate DRC; Cont RF trn sd & fwd R between W's feet toe pting DLC, sharply XLIB of R trng W to SCP (fwd R.-, comm RF trn fwd L, cont RF trn fwd R between M's feet; cont RF trn sd & bk L, sharp XRIB of L trng to whisk pos) to SCP DLC;
{Left Whisk S&S} Cont RF trn fwsd R twd LOD.-; sd & slightly fwd L toe pting DLX/RIB of L look twds W (fwd L twd LOD.-; trg LF sd & slightly bk R/cont RF trn bk L in contra body movement pos & look L).-;
{Twist Turn 4 & Head Flick QQ&QQ} Untwine strongly on ball of R & heel of L until feet come together.; then swvl RF further settle on R ft in tap pos trng W to SCP, trn L hip sharp RF trng head to look at W& quickly bk to SCP (strong walk around M CW fwr R twd COH toe pting DLC; fwr L twd LOD toe pting DLW; fwr R twd WALL toe pting DRW, w/M's lead turn head R/back to R) to SCP LOD.-;

9-12 PROMENADE;.-, X-LINE;.-, RISE CLOSE.-, RIGHT LUNG HOLD;.-, TURN SEMI;.-;
{Promenade SQQS} Fwd L.-, fwd & across R, fwd L; Cl R to L still in SCP LOD.-;
{X-Line & Rise To CP &SS&S} Lower sharply on R allowing L ft to slide out sd in tight SCP/hold line swaying away from ptr and twds extended ft.-; Sharply rise on R trng W to CP WALL/cl L to R and look at ptr.-;
{Right Lung Hold & Turn Semi &SS&S} Sharply lower sliding R ft sd between W's feet/sd & slightly fwd R looking twd W (head to L).-; Hold R lunge line.-, sharply turn to SCP LOD settling in tap pos/hold.-;

13-16 CHASE;.-, BK LK BK;.-, REVERSE SWIVEL & PICKUP;.-, WALK 2 (CURVING);.-;
{Chase & BK Lk BK SQQQQQ} Fwd L.-, fwd & across R, comm RF trn sd & slightly fwd L facing WALL; Sharply trn body to L as you check pattern & go out to R LOD, rec L no turn stay in contra body, bk R/XLIF of R, bk L (fwd R., fwd & across L, trg 1/8 LF sd & slightly bk R to CP head now to L; With M's lead ck bk L almost to RLOD, rec R no turn, fwd L/XRIB of L, fwr L) in CBJO DRW;
{Rev Swvl & Pickup SS} BK L well underneath body toeing in and trng 1/4 LF on L ft leave R ft pting fwr in SCP DLW.-, fwd & across R, trg W square tap L small sd to R no wgt (fwr R outsdt ptr bring L ft to R without wgt adjusting to SCP DLW head now to right.-, fwd & across R, sharply trn RF to square with M and tap R small sd to L no wgt head now to L) to CP DLW; NOTE: Think QK for Pickup like a Promenade Link Ending.
{Walk 2 SS} Fwr L curving 1/8 LF to CP LOD.-, fwr R curving 1/8 LF to CP DLC.-;
PART B

1 - 4 OK LK & OPEN REV TURN; OK LK & CLOSED FINISH; OK LK & FIVE STEP HOLD:
(Qk Lk & Open Rev Turn Q&QQ) Fwd L/XRIB of L, comm LF tm fwd L, cont LF tm sd R, bk L in CBJO;
(Qk Lk & Closed Finish Q&QQ) BK R/XLIF of R, comm LF tm bk R, cont LF tm sd & slightly fwd L toe pting DLW, cl R to L to CP DLW;
(Qk Lk & Five Step Hold Q&QQS&S-S) Fwd L/XRIB of L, fdw & slightly across L, sd & slightly bk R, bk L; small sd & slightly bk R/trng hips and body slightly RF to tm W to SCP LOD and hold.--;
NOTE: Five Step may be danced using standard timing QQQQS-, but either way there is one extra beat to hold after completing the Five Step.

5 - 8 PROMENADE & TAP;-- PROMENADE w/Foot FLICKS;-- PROMenade w/FOOT FLICKS;-- PROMenade w/FOOT FLICKS SQQQ;-- PROMenade w/Foot FLICKS SQQQ;-- PROMenade & Tap SQQ&S;-- PROMenade & Tap SQQ&S;-- PROMenade w/FOOT FLICKS SQQQ;-- PROMenade & Tap SQQ&S;-- PROMenade w/FOOT FLICKS SQQQ;--
(Promenade & Tap SQQ&S) Fwd L,-- fdw & across R, fvd L; cl R to L/tap L to SCP LOD,-;
(Promenade w/Foot FLicks SQQQ) Fwd L;-- fdw & across R, fvd L, lift R ft so leg is parallel with floor and keeping knees together turn hips 1/8 RF causing R (L) ft to flick twd COH (WALL), then return hips to SCP causing R (L) ft to flick twd R LOD;
(Promenade Lock & Pickup Q&QS) Keeping poise back fdw & across R/XLIB of R, fdw & across R pointing toe almost DLC, trng body LF trn W square tap L small sd to R no wgt to end CP DLC;--
NOTE: This Pickup is similar to Meas 15 in Part A but the timing is different. If you still think QQ for the S it feels like the last quick of a Prom Link and then a one count hold.

9-16 REPEAT MEAS 1-8;{--;

PART C

1 - 4 REV FALLAWAY & SLIP: DROP OVERSWAY;-- FALLAWAY RONDE;-- SLOW BK;-- CL TAP;--
(Reverse Fallaway & Slip QQQ) Fwd L comm LF trn, cont LF tm sd & bk R with R sd leading, bk L well under body trng LF, slip R past L toeing in with small step bk R cont LF trn keeping L ft fvd (bk R, bk L w/L sd leading, bk R well under body trng LF, fvd L toward COH cont LF trn) to CP LOD;
(Drop Oversway QQQ) Cont LF trn fvd L, cont LF tm sd R (tango heel trn), sd L to look SCP LOD;-- Sharply change to a R sway lowering in L knee with slight body turn to L & head slightly to R to look at W (head to L),--
(Fallaway Ronde Slow Back & Close Tap &SS&S) Quickly rec on R trng upper body RF to trn W to SCP/while L ft rondes CCW (CV) sd & bk;-- Bk L in fallaway pos;-- quickly svll to CP WALL cl R to L/and sharply trn bk to SCP LOD settling in tap pos;--

5 - 8 OPEN PROM;-- OUTSD SWVL;-- OK SWVLS TO CLOSED PROM ENDING;-- PROG LINK;--
(Open Promenade QQQ) Fwd L,-- fdw & across R, sd & slightly fvd L: With L sd leading fvd R outsd ptr (fvd R,-- fdw & across L, trng LF sd & slightly bk R; bk L) to CBJO DLW;--
(Outsd Swvl & Qk Swvls SQQ) Bk L trng hips slightly RF to trn W to SCP;-- fvd R svvl W to CBJO, bk L svvl W (fvd R outsd ptr sharp svvl RF to SCP;-- fvd L/sharp svvl LF, fvd R outsd ptr/sharp svvl RF) to SCP LOD;
(Closed Prom Ending & Prog Link QQQQ) Fwd & across R, sd & slightly fvd L trng square to W; cl R to L (fwd & across L, trng LF sd & slightly bk R; cl L to R) to CP DLW;-- fvd L, moving R sd slightly bk to trn W to SCP sd & slightly bk R (bk R, with M's lead trn RF sd & slightly bk L) to SCP LOD;

9-12 NATURAL TWIST TURN;-- DROP OVERSWAY; DRAG;-- CLOSE TAP;--
(Natural Twist Turn QQQQ) Fwd L,-- fdw & across R, trng RF sd L to CP DRW; XRIB of L to fc RLOD, comm to twist RF on ball of R and heel of L allowing feet to uncross, cont to unwind trng hips sharply RF to trn W to SCP (fwd R,-- fdw & across L, fvd R tmd LOD between M's feet; fvd L toe pting DLW, fvd R outsd ptr twd WALL, with M's lead trn RF to SCP small sd & slightly bk L) to SCP LOD;--
(Drop Oversway & Drag Close Tap SSS&S) Sd L to look SCP slight body tilt to L,-- sharply change to a R sway lowering in L knee with slight body trn to L and head slightly to R to look at W (head to L);-- Draw R ft to L rising slightly;-- quickly cl R to L/tap L to SCP LOD;--

13-16 BK OPEN PROMENADE;-- OPEN REV w/OUTSD SWVL & PICKUP;-- BRUSH TAP (DLC):
(Back Open Promenade QQQQ) Fwd L,-- fdw & across R, trng RF sd & slightly bk L; bk R trng body LF to lead with L sd (fwd R,-- fdw & across L, sd & slightly fvd R, fvd L with R sd leading) to CP DRW,--
(Open Rev w/Outsd Swvl & Pickup QQQQ) Comm LF trn fvd L, cont LF tm sd R; bk L in CBJO trng hips slightly RF to trn W to SCP LOD;-- fvd & across R, trng W square tap L small sd to R no wgt (comm LF trn bk R, cont LF tm sd & slightly fvd L; fvd R outsd ptr sharp svvl RF to SCP;-- fvd & across L, sharply trn LF to square w/M and tap R small sd to L no wgt head now to L) to CP LOD;
(Brush Tap QQ&S) Fwd L, trng 1/8 LF sd R, quickly brush L to R no wgt/tap L small sd to R no wgt to CP DLC;--
**PART B (MOD)**

1-16 **REPEAT MEAS 1-15: PROMENADE LOCK & TAP:**

(Prom Lock & Tap Q&QS) Keep poise back fwd & across R/XLIB of R, fwd & across R, tap L to SCP LOD.;

**INTERLUDE**

1 - 3 **QUICK WHIRLIGIG:**

(Qk Whirligig QQQQQQQQQS) Fwd L, fwd & across R, trng RF sd L to fc DRW, keep W in SCP XLIB of L to fc DRC making W step bk in fallaway (fwd R, fwd & across L, fwd L between M's feet trng RF, bk L LOD to fallaway pos); Twist on both feet 1/2 RF with feet flat to end with feet almost together wgt on L., (keeping head to L walk backwards around M bk R, L, R) to end M fcng DLW, staying close to W walk around her fwd R; Fwd L, R to end approximately fcng DLC, sharply swvl RF on R/and tap L (XLIF of R allowing M to do this for you when he takes his first step fwd around you; then turn on balls of both feet, to end with wgt on L/as you sharply turn to tap pos) to SCP LOD.;

**PART A**

**ENDING**

1 - 4 **SLOW TELEMARK TO HIGHLINE: SLIP: TO SLOW THROWAWAY OVERTWAY (TO REV):**

(Slow Telemark to Highline & Slip SSSS) Cont LF trn fwd L., cont LF trn sd R (tango heel trn).--; sd L to look SCP LOD in highline.--; trng LF on L (R) to square with ptr rec bk R (fwd L) to CP LOD.;

(Slow Throwaway Oversway to Reverse SSSS) Cont LF trn sd L toe pting DRC.--; trn body slightly LF to trn W square.--; Cont to develop the throwaway giving the W more of your R sd (strong step fwd R to look in brief SCP RLOD.--; w/M's lead swvl LF on R to CP RLOD allowing L ft to brush to R.; cont to move L ft bk towards RLOD while slowly trng head well to L);