IL MIO CUORE VA

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Record: "Il Mio Cuore Va" CD: SARAH BRIGHTMAN "DIVA" track 15
Rhythm: RUMBA (ph IV+1) Speed: As on CD
Footwork: Opposite, directions for man(lady as noted) Date: Jan 2013 Ver.1.1
Sequence: Intro - A - B - A - B - Inter - C - Ending

Meas

INTRO

1~8 Tandem/Wall left foot free for both Wait 2 meas::
Sd Lunge w/Arm Sweep; Rec(W Roll Out) to OP; X Chasse;
X Ck & Hold; W Sync Roll Bk; (Bfly/Wall)Hip Rk 2S;

1-2 Tandem position fc Wall left foot free for both wait 2 meas::
3 (Sd Lunge w/Arm Sweep) Sd L flex left knee extend arms to the sd., slightly LF
Body trn right arm over W’s right arm,--;
Q--- 4 (W Roll Out to OP) Rec sd R lead W RF roll,-- (W rec R commence RF roll, cont RF
(QQS) Roll sd L, cont roll fc wall, sd R, OP/Wall,--;
QQ&S 5 (X Chasse) Same foot work XLIF of R, sd R/cl L, sd R,--;
Q--- 6 (X Ck & Hold) XLIF of R, extend lead arm,--;
QQ&S 7 (W Sync Roll Bk) Rec R, sd L, cl R to L (W rec R commence LF Roll, cont LF roll fwd
QQ&S L twd LOD/sd & bk R, sd & fwd L cont roll fc partner & COH),--;
SS 8 (Hip Rk 2S) Blend Bfly sd L,-- rec R,--;

Meas

PART A

1~8 OP Hip Twist; Fan; Hockey Stick w/Caress; Alemana;
1/2 Lariat M Swivel Fc; Fence Line w/Arm;

1 (OP Hip Twist) Fwd L, rec R, cl L to R (W bk R, rec L, fwd R swivel 1/4 RF on R
fc LOD),--;
2 (Fan) Bk R, rec L, sd R (W fwd L commence LF trn, sd & bk R cont LF trn fc RLOD,
bk L),--;
3-4 (Hockey Stick) Fwd L, rec R, cl L,-- (W cl R, fwd L, fwd R, left hand touch M’s right
cheek) Bk R slightly RF trn, rec L, fwd R (W fwd L twd RDW, fwd R LF trn under lead
hand fc partner, bk L,--) End fc partner and RDW;
5-6 (Alemana) Fwd L, rec R, cl L (W bk R, rec L, sd R),--;
Bk R, rec L, sd R (W RF trn under lead hand fwc R, cont RF trn fwc R, sd L),--;
7 (Lariat M Swivel fc COH) Sd L, rec R, cl L swivel LF on L fc COH (W circle man
CW with joined lead hands fwc R, fwd L, fwc R fc partner),--;
8 (Fence Line w/Arm) XRIF of L ck trail hand arm circle CCW (W CW), rec L, sd R,--;

9~16 New Yorker; Underarm Trn; Break Bk to1/2 OP; M Roll Across;
Sync Cuddle Pivot fc Wall; Hip Rk 2S; Corte w/ Leg Crawl;
Hockey Stick Ending;

9 (New Yorker) LOP/LOD Ck thru L, rec R fc partner, sd L,--;
10 (Underarm Trn) Bk R, rec L, sd R (W XLIF commence RF turn under lead hand, cont
RF trn rec R, sd L),--;
11 (Break Bk to 1/2 OP) Swivel LF on R bk L 1/2 OP fc RLOD, rec R, fwd L,--;
12 (M Roll Across) Fwd R in front woman commence RF trn, sd L cont RF trn fc RLOD
left 1/2 OP, fwd R (W fwd L, fwc R, fwd L),--;
QQ&S 13 (Sync Cuddle Pivot) Fwd L lead W pickup blend cuddle position, fwd R commence RF
pivot/cont pivot sd & bk L, sd R fc Wall (W fwc R in front man 1/2 RF trn, bk L
cont RF pivot/cont pivot fwc R, sd L fc COH),--;
SS 14 (Hip Rk 2S) Still cuddle positiony sd L,-- rec R,--;
S-15 (Corte w/ Leg Crawl) Sd & bk L flex L knee blend cuddle position,-- (W sd & fwc R, left
leg up along man’s outer thigh with toe pointed to floor),--;
QQ&S 16 (Hockey Stick Ending) Bk R, rec L, fwd R (W swivel LF on R fwd L twd Wall, fwd R
1/2 LF swivel on R, bk L),--;

Meas

PART B

1~8  Alemana;; Lariat;; Rev Underarm Trn; Aida; Rk 3 to Fc; Spot Trn:

1- 2 (Alemana) Lead hand joined fwd L, rec R, cl L to R, -;
   Bk R, rec L, cl R (W RF trn under lead hand fwd L, cont RF trn fwd R, sd & fwd L twd M’s right sd), -;

3- 4 (Lariat) Sd L, rec R, cl L to R (W circle man CW with joined lead hands fwd R, fwd L, fwd R), -;
   Sd R, rec L, cl R to L (W cont circle man CW with joined lead hands fwd L, fwd R, fwd L end fc partner) Bfly/Wall, -;

5 (Rev Underarm Trn) XLIF of R, rec R, sd L (W XRIF of L under joined lead hands commence LF trn, rec L cont LF trn to fc partner, sd R), -;

6 (Aida) Thru R, sd L commence RF trn fc RLOD, bk R (W thru L, sd R commence LF trn, bk L), -;

7 (Rk 3 & Fc) Fwd L, rec R, Fwd L swivel LF on L fc partner, -;

8 (Spot Trn) XRIF of L commence LF trn, cont LF trn rec L fc partner & Wall, sd R, -;

Meas

INTERLUDE

1~7  Basic to Wrap (M Tch); Sd Lunge w/Arm Sweep;
   Rec (W Roll Out) to OP; X Chasse; X Ck & Hold; W Sync Roll Bk; (Bfly/Wall) Hip Rk 2S;

1- 16 (Basic to Wrap M Tch) Blend Bfly fwd L, rec R lead W LF trn under lead hands, tch L to R (W bk R, rec L commence LF trn under lead hands, fwd R cont LF trn)

Meas

1~8  New Yorker w/Spin; Serpiente Opning Up;; Thru to Aida; Rk 3 to Fc; Spot Trn; OP Hip Twist W Overtrn in 4 Tandem; Cucaracha R;

1- 2 (New Yorker w/Spin) LOP/RLOD Ck thru L, rec R fc partner, sd L, rec R;

2- 3 (Serpiente Opning Up) Thru R, sd L, XRIB of L, fan CCW L on R; XLIB of R, sd R, thru L, fan CCW R on L;

3- 4 (Aida) Thru R, sd L commence RF trn fc RLOD, bk R (W thru L, sd R commence LF trn, bk L), -;

4- 5 (Rk 3 & Fc) Fwd L, rec R, Fwd L swivel LF on L fc partner, -;

5- 6 (Spot Trn) XRIF of L commence LF trn, cont LF trn rec L fc partner and Wall, sd R, -;

6- 7 (OP Hip Twist W Overtrn in 4) Fwd L, rec R, cl L to R, -(W bk R, rec L, fwd R swivel 1/2 RF on R fc Wall, cl L to R) Tandem/Wall;

7- 8 (Cucaracha R) Same foot work sd R, rec L, cl R to L, -;
9~16  **Arm Explosion;; Solo Fence Line; Solo Aida; Sync Roll to RLOD;**

Solo Fence Line; **Shadow Crab Walks;;**

--- 9~10  **(Arm Explosion)** Arms straight up and out to the sd and down;;

11  **(Solo Fence Line)** Same footwork XLIF of R, rec R, sd L,--;

12  **(Solo Aida)** Thru R, sd L commence RF trn fc RLOD, bk R,--;

QQ&S 13  **(Sync Roll)** Fwd L twd RLOD commence LF roll, cont LF roll R/L, sd R both fc Wall,--;

14  **(Solo Fence Line)** Still same footwork XLIF of R, rec R, sd L,--;

15~16  **(Shadow Crab Walks)** Blend shadow position XRIF of L, sd L, XRIF of L,--; Sd L, XRIF of L, sd L,--;

**Meas ENDING**

1~10  **Fan(W Trans); Start Alemana; (Bfly)Crab Walks;; Fence Line;**

Rev Underarm Trn to Wrap(M Tch); Hip Rk 3; **W Roll Out to OP;**

X Ck & Hold; **W Sync Roll Bk to Wrap & Lunge; Caress & Hold**

QQS 1  **(Fan W Trans)** Ck XRIF of L, rec L, sd R(W XRIF of L, sd & fwd L twd LOD commence LF

trn/sd R, cont trn fc LOD bk L),--;

2  **(Start Alemana)** Fwd L, rec R, sd L(W cl R, fwd L, fwd R 1/2 RF swivel on R fc partner),--;

3~4  **(Crab Walks)** Blend Bfly XRIF of L, sd L, XRIF of L,--; Sd L, XRIF of L, sd L,--;

5  **(Fence Line)** XRIF of L ck, rec L, sd R,--;

6  **(Rev Underarm Trn to Wrap M Tch)** XLIF of R, rec R, tch L to R(W XRIF of L under joined

lead hands commence LF trn, rec L fc Wall, sd R)Wrapped position,--;

7  **(Hip Rk 3)** Sd L, rec R, sd L,--;

Q--- 8  **(W Roll Out to OP)** Rec sd R lead W RF roll,--. (W rec R commence RF roll, cont RF

(QQS) Roll sd L, cont roll fc wall sd R)OP/Wall,--;

Q--- 9  **(X Ck & Hold)** XLIF of R, extend lead arm,--;

QQ&S 10  **(W Sync Roll Bk to Wrap & Lunge)** Rec R, sd L/cl R to L, sd L flex knee(W rec R commence

LF Roll, cont LF roll fwd L twd LOD/sd & bk R cont roll fc Wall, wrapped position

sd L flex knee),--;

+  **(Caress & Hold)** M hold(W look partner right hand tch M's left cheek