ONCE THE HEART IS IN LOVE (Einmal von herzen verliebt sein)

Music: Arno Flor  Cd.: Zärtliche Music und Du  Track# 2  Time 3:19
Available "Chomikuj.pl" or contact the Choreographer

Rhythm: Waltz  Phase: V + 2  (Ckd Reverse Slip + Spin & Twist)

Footwork: Opposite, except where (Noted)

Release Date: Sept.2012

Choreo: Jos Dierickx  Beverlosestwg  14B2  3583  Paal  Belgium
Email: jos.dierickx@telenet.be

Sequence: INTRO ABC AB END

INTRO

01-04  SCP LOD TRL FT FREE WAIT 1 MEASURE ; THRU to a PROM SWAY ; OVERSWAY ; HOVER EXIT to SCP ;  [Wait] SCP LOD t rf free wt 1 meas ;  [Thru to a Prom Sway] Thru R, sd & fwd L twds DLC, stretch R sd gradually to look over the jnd ld hnds usg full meas ;  [Over Sway] [1, -,-] W/o chg wgt relax L knee keepg R leg extended w/ slight LF upper bdy trn & stretch L sd both w/ hd well to L (W relax R knee & trn upper bdy slowly LF usg full meas) ;  [Hover Exit to SCP] [1, -,3] Rec R risg & brushg L to R, fwd L to SCP LOD

05-08  IN & OUT RUNS ; THRU CHASSE to SCP ; SLOW CHAIR & SLIP ;  [In & Out Runs] Trng RF fwd R, sd & bk L 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 ;  [Thru Chasse to SCP] [1,2&3] Thru R, sd L to fc ptr /cl R, fwd L to SCP LOD ;  [Slow 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 ;

PART A

01-04  CHECKED REVERSE SLIP ; CURVED FEATHER ; BK BK/LK BK ; OUTSIDE SPIN ;  [Ckd Rev Slip] Fwd L, fwd R trng LF rising strongly & chkg  W heel trn), trng RF slip L bk sml step to end CP DLW ;  [Crvd Feather] Staying in BJO throutw fwd R stg to trn RF, contg RF trn sd & fwd L, contg upper bdy trn fwd R (W bk L stg to trnRF, bk R bhd L contg to trn RF w/strong R sd ld, bk L) ckg to BJO RLOD ;  [Bk Bk/Lk Bk] [1,2&3] Bk L, bk R/Ik Lf, bk R ;  [Outsd Spin] Trng bdy strongly RF bk L, trng strongly RF fwd R heel to toe, contg trn on R toe sd & bk L (W trng RF fwd R heel to toe outsd M, contg trn cl L & pvt on toes of both ft, compg trn fwd R btw M’s ft) to CP DRW ;

05-08  TURNING LOCK to BJO ; HOV CROSS w/ SYNCOPATED ENDING ; DOUBLE REVERSE SPIN ;  [Trng Lk to BJO] Bk R with right sd lead lk Lif, bk & slightly sd R trn 1/4 LF, sd & fwd L compg trn (W fwd L with left sd lead lk Rib, fwd & slightly sd L trn 1/4 LF, sd & bk R compg trn) to BJO DLW ;  [Hov Cross w/ Syncop End] Fwd right bg 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 ; Fwd L small step high on toes in SCAR, rec R, blending briefly to CP sd L, XRif to BJO DLW ;  [Double Rev Spin] [1,2-]W1&2,3 Fwd L compg LF trn, sd R cont LF trn, spin LF on ball of R bringing L beside R w/ no wgt & keepg knees flexed (W bk R com LF trn on R heel, cont trn on R heel & cl L/sd & bk R contg trn, lk Lif) to CP DLW ;

09-12  HOVER TELEMARK ; NATURAL WEAVE ; OP NATURAL ;  [Hov Telemark] Fwd L, fwd & sd R rising & trng 1/8 RF, sd & fwd L to SCP LOD ;  [Nat Weave] Fwd R trng RF, sd L, bk R to BJO DRW ; Bk L, bk R inCP trng LF, cont LF trn fwd L to BJO DLW ;  [OP Natural] Fwd R stg RF trn , cont trn sd & bk L, bk R w/ R sd ld (W bk L trng RF, fwd R between man’s feet , fwd L) to BJO DRC ;

13-16  TIPPLE CHASSE PIVOT to SPIN & TWIST ; BOX FINISH ;  [Tipple Chasse Pivot to Spin & Twist] Bk L comm RF trn, cont RF trn sd R/cl L, cont slight RF trn fwd R between W’s ft and pvt ½ RF to CP almost LOD ; Bk L pivot RF, fwd R heel to ball cont turn, sd L twds DLW (W fwd R between M’s ft pvtg RF, bk L cont trn, cl R) ; XRib w/partial wgt/unwind RF ch wgt to R, cont turn, stp sd L DLW (W fwd L/R around M, fwd L turn RF, cl R) to CP DLW ;  [Box Finish] Bk R, sd & bk L trng 1/4 LF, cl R to CP DLC ;
PART B

01-04 DIAMOND TURN ¾ ; : BACK ½ BOX TO SCAR :

[DIamond Trn 3/4] Fwd L trng LF, compg ¾ LF trn sd R, bk L to BJO DRC ; Staying in BJO & trng LF bk R, compg ¾ LF trn sd L, fwd R to BJO DRW ; Staying in BJO & trng LF fwd L, compg ¾ LF trn sd R, bk L to BJO DLW ; [Bk ½ Box to SCAR] Bk R, sd L, cl R to SCAR DLW ;

05-08 CROSS CHECK RECOVER SIDE TWICE ; : CROSS HOVER to SCP ; THRU FACE CLOSE :

{Cross Ck Rec Sd x 2} Xlif chkg, rec R, sd L to BJO DLC ; Xrif chkg, rec L, sd R to SCAR DLW ; [Cross Hover to SCP] Xlif, sd R hvrg, rec L (W Xrib, sd & bk L w/ strong RF trn, fwd R) to SCP LOD ; [Thru Fc Cl ] Thru R, sd L to fc, cl R to CP WALL ;

09-12 HOVER ; THRU to a PROM SWAY ; OVER SWAY ; HOVER EXIT to SCP :

[Hover ] Fwd L, sd & fwd R w/ rise, rec to SCP LOD ; [Thru to a Prom Sway] Repeat meas 2 INTRO ; [Over Sway] Repeat meas 3 INTRO ; [Hover Exit to SCP] Repeat meas 4 INTRO ;

13-16 IN & OUT RUNS ; : THRU CHASSE to SCP ; CHAIR & SLIP ;

{In & Out Runs} Repeat meas 5,6 INTRO ; [Thru Chasse to SCP] Repeat meas 7 INTRO ; [Chair & Slip] Repeat meas 8 INTRO ;

PART C

01-04 OP REVERSE TURN ; HOVER CORTE ; BACK WHISK ; SYNCOPATED WHISK :


05-08 THRU SIDE BEHIND ; ROLL 3 to SCP ; THRU CHASSE to SCP ; WING :

{Thru Sd Behind} Thru R, sd L to fc ptr, Xrrib (W Xlif) ; [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 ; [Thru Chasse to SCP] Repeat Meas 7 INTRO ; [Wing] Fwd R twd DLC, draw L, trn upper body LF (W Xing in fnt of M fwd L, fwd R, fwd L trng upper body LF) to SCAR DLC ;

09-12 VIENNESE TURNS ; : TURN LEFT & R CHASSE to BJO ; IMPETUS to SCP :

{Viennese Tnrs} Fwd L stg LF trn, sd R cont trn, Xlif to fc RLOD (W bk R stg LF trn, sd L cont trn, cl R) ; Bk R cont LF trn, sd L cont trn, cl R (W fwd L stg LF trn, sd R cont trn, Xlif) to CP LOD ; [Trn Lft & R Chasse to BJO] [1,2&3] Thrng LF bk L, cont trn chasse sd R/cl L, sd & fwd R to BJO DLW ; [Impetus to SCP] Bk L w/ RF bdy trn, cont trn on L heel & cl R rising to toe, fwd L (W fwd R outsld ptr pvtg RF, sd & fwd L contg RF trn & brush R to R, fwd R) to SCP DLC ;

13-16 WEAVE SIX to BJO ; : OP NATURAL ; HESITATION CHANGE :

{Weave 6 to BJO} Fwd R, fwd L begf LF trn, sd R DRC ; Bk L twd LOD in BJO, bk R trng LF in mom CP, sd & fwd L to BJO DLW ; [Op Natural] Repeat meas 12 Part A ; [Hes Chng][1,2-] Thrng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ;

REPEAT PART A
REPEAT PART B

ENDING

01-04 OP REVERSE TURN ; HOVER CORTE ; BACK TWO FLARE & HOOK ;

[Op Rev Trn] Repeat meas 1 Part C ; [Hov Corte] Repeat meas 2 Part C ; [Bk 2 Flare & Hook] Bk L, bk R to SCP LOD, flare CC w L (W fwd R, fwd L trng ½ RF, flare CW R) ; Xlif, (W Xrrib) & Hold ;