Put A Little Love In Your Heart

Choreo: Casey & Sharon Parker, 11168 Loduca Dr, Manteca, Ca. 95336  email: trustme@pacbell.net
Music: CD – Songs From The Soul – Track 6 - “Put A Little Love In Your Heart” – available itunes
Footwork: Opposite, Unless noted (W’s footwork in parenthesis)  Artist: The Blenders
Rhythm: Cha  Phase: IV+1 (Dbl Cuban)  Degree of Difficulty: EZ
Sequence: Intro - A – B– A – B – C – A – B – C – End  Released: January 2009 ver 1.1

Intro

1   Wait 3 notes
1   Bfly wall – lead ft free – Wait 3 notes -

A

1-8   Basic;;  Shldr to Shldr Twice;;  Alemana;;  Fence Line Twice;;:
3-4   [Shldr-Shldr]  Fwd L to bfly scar, Rec R to fc, Sd cha L/R, L;  Fwd R to bfly bjo, Rec L to fc, Sd cha R/L, R;
5-6   [Alemana]  Fwd L, Rec R, Sd L/Cls R, Sd L leading W to comm RF trn under lead hnds (W Bk R, Rec L, Sd R/Cls L, Sd R comm RF swivel);  Bk R, Rec L, Sd R/Cls L, Sd R to bfly (W cont RF trn under joined lead hnds Fwd L, cont RF trn Fwd R, Sd L/Cls, Sd L);
7-8   [Fence Line]  bfly wall X lunge thru L with bent knee looking in dir of lunge, Rec R trng to fc ptr, Sd cha L/R, L;  X lunge thru R with bent knee looking in dir of lunge, Rec L trng to fc ptr, Sd cha R/L, R;

B

1-8   Brk Bk to Triple Cha Fwd;;  Brk Fwd to Triple Cha Bk;;  Hnd to Hnd;  Spot Trn LOD;  Time Step Twice;;:
1-2   [Brk Bk to Triple Cha]  trng to op fc LOD Bk L, Rec R, Fwd L/Lk R, Fwd L;  Fwd R/Lk L, Fwd R, Fwd L/Lk R, Fwd L;
3-4   [Brk Fwd to Triple Cha]  trng to op fc LOD Fwd R, Rec L, Bk R/Lk L, Bk R;  Bk L/Lk R, Bk L, Bk R/Lk L, Bk R;
5-6   [Hnd to Hnd]  Brk L twd RLOD op fc LOD, Rec R to BFLY, Sd cha L/R, L;
   [Spot Trn] releasing hnds XRIF (XLIF) trng LF (RF) to fc RLOD, Fwd R cont trn to fc ptr, Sd cha R/L, R;
7-8   [Time Step]  fcg ptr with no hnds jnd XLIB (XRIB), Rec R, Sd cha L/R, L;  XRIB (XLIB), Rec R, Sd cha R/L, R;

C

1-8   Chase;;;;  Dbl Cuban {1 meas};  Spot Trn LOD;  Hnd to Hnd;  New Yorker 2 Chg Pt LOD;
1-4   [Chase]  Releasing hnds Fwd L trng RF 1/2 , Rec Fwd R to fc COH, Fwd cha L/R, L (Bk R, Rec L, Fwd cha R/L,R);
   Fwd R trng 1/2 LF, Rec Fwd L, Fwd cha R/L, R (Fwd L trng 1/2 RF, Rec Fwd R, Fwd cha L/R, L);
   Fwd L, Rec R, Bk cha L/R, L (Fwd R trng 1/2 LF, Rec Fwd L, Fwd cha R/L, R);  Bk R, Rec L, Sd cha R/L, R;
5-6   [Double Cuban]  fcg ptr no hnds XLIR (XRIR)/Rec R, Sd L/Rec R, XRIF (XRF)/Rec R, Sd L;
   [Spot Trn] releasing hnds XRIF (XLIF) trng LF (RF) to fc RLOD, Fwd R cont trn to fc ptr, Sd cha R/L, R;
7-8   [Hnd to Hnd]  Brk L twd RLOD op fc LOD, Rec R to BFLY, Sd cha L/R, L;
   [New Yorker 2 Chg Pt]  Thru R twd LOD in OP, Rec L fc ptr in BFLY/Cls R, Pt Sd L to LOD, R;

End

1-8   Chase;;;;  Dbl Cuban {1 meas};  Spot Trn LOD;  Dbl Cuban {1 meas};  Spot Trn LOD;
1-4   [Chase]  Releasing hnds Fwd L trng RF 1/2 , Rec Fwd R to fc COH, Fwd cha L/R, L (Bk R, Rec L, Fwd cha R/L,R);
   Fwd R trng 1/2 LF, Rec Fwd L, Fwd cha R/L, R (Fwd L trng 1/2 RF, Rec Fwd R, Fwd cha L/R, L);
   Fwd L, Rec R, Bk cha L/R, L (Fwd R trng 1/2 LF, Rec Fwd L, Fwd cha R/L, R);  Bk R, Rec L, Sd cha R/L, R;
5-6   [Double Cuban]  fcg ptr no hnds XLIR (XRIR)/Rec R, Sd L/Rec R, XRIF (XRF)/Rec R, Sd L;
   [Spot Trn] releasing hnds XRIF (XLIF) trng LF (RF) to fc RLOD, Fwd R cont trn to fc ptr, Sd cha R/L, R;
7-8   [Double Cuban]  fcg ptr no hnds XLIR (XRIR)/Rec R, Sd L/Rec R, XRIF (XRF)/Rec R, Sd L;
   [Spot Trn] releasing hnds XRIF (XLIF) trng LF (RF) to fc RLOD, Fwd R cont trn to fc ptr, Sd cha R/L, R;
9-12  Dbl Cuban {1 meas};  Spot Trn LOD;  Hnd to Hnd;  New Yorker 2 Chg Pt LOD;
9-10  [Double Cuban]  fcg ptr no hnds XLIR (XRIR)/Rec R, Sd L/Rec R, XRIF (XRF)/Rec R, Sd L;
   [Spot Trn] releasing hnds XRIF (XLIF) trng LF (RF) to fc RLOD, Fwd R cont trn to fc ptr, Sd cha R/L, R;
11-12 [Hnd to Hnd]  Bk L twd RLOD op fc LOD, Rec R to BFLY, Sd cha L/R, L;
   [New Yorker 2 Chg Pt]  Thru R twd LOD in OP, Rec L fc ptr in BFLY/Cls R, Pt Sd L to LOD, R;