SECRET HEART

Composers: Brent & Mickey Moore, 206 Scenic Dr., Oak Ridge, TN 37830, (615) 483-7997
Record: Roper 143 (Moulin Rouge) slow to 40 RPM
Footwork: Opposite, directions for man (lady as noted)
Phase & Rhythm: Phase VI – Waltz
Sequence: Intro, A, B, A, B, A (1-6) modified Sept 1991

MEASURES

INTRODUCTION

1-4  WAIT 2 BEATS  FORWARD HOVER RECOVER; OPEN FINISH; CLOSED
TELEMARK; TWIST VINE;
1  Closed position facing DWL wait 2 beats Fwd L, fwd R hover
action, recover bk L;
2  Bk R in cp trn LF, sd & fwd L pointng DLC slight body trn to
bjo, fwd R in bjo DLC;
3  Fwd L in bjo trn LF, fwd & sd R trn LF (Lady heel trn), trn
LF sd & fwd L to bjo DLW;
4  Fwd R in bjo trn RF/sd & bk L, bk R XIBL slight trn LF (lady
XLIFR), trn LF sd & fwd L to bjo DLW;

PART A

1-4  MANEUVER; RUNNING FINISH; DOUBLE NATURAL SPIN; LINK HOVER
TO SEMI;
1  Fwd R in bjo, fwd & sd L trn RF, trn RF cl R cp RLOD;
2  bk L trn RF; trn RF sd & fwd R slght shape to left (lady open
head), sd & fwd L slght body trn RF to bjo DLW;
3  Fwd R in bjo, trn RF fwd & sd L, spin RF tch R to L to bjo
DCL (bk L in bjo, cl R no wght heel trn RF xfer wght to R/fwd
L to cp, trn RF fwd R to bjo);
4  Fwd R in bjo trn RF slght shape to rght, trn RF brush L to R
slight sway lift start trn of heads to semi, sd & fwd L in
semi DLC;

5-8  QUICK OPEN NATURAL; HINGE; NATURAL PIVOT PREPARATION;
SAMEFOOT LUNGE;
5  Fwd R in semi, fwd & L trn RF/cont trn RF sd & bk R to
bjo, slght trn rf bk L in bjo bking DLC;
6  Bk R trn LF, sd & bk L sharp trn LF, lower into L knee DLC
shape to Lady (fwd L trn LF, fwd & sd R trn LF XLIBR no
weight, transfer to L lower into L knee);
9  Trn RF shift weight toward R to cp DRW/fwd R DRW pivot RF
1/2, sd & fwd L pivot RF to cp DLW, trn RF tch R to L (Fwd R
trn RF/fwd L pivot 1/2 RF, sd & fwd R trn RF to mod cp DRC,
cl L);
10  Slight sway left/sd & fwd R soften R knee hold shape to left
leave L extnd sd & bk, softly change sway to rght look at
lady, continue shape to rght/change sway bk to lft (slight
sway right/bk R soften R knee strng shape to left look well
left, extnd, extnd/chnge head to rght);
9-12 REVERSE WAVE; SPIN & TWIST TO SEMI;
9-10 Body trn LF no weight/fwd L trn LF, fwd & sd R trn LF, bk L cp fc DRC; bk R, bk L left sd lead slight curve to left, bk R in cp fc DRC (fwd L trn LF to cp/bk R cl L no wght, trn LF heel trn on R xfer wght to L, fwd R; fwd L heel lead, fwd R heel t toe, fwd L);
11-12 Trn RF sd & bk L, sd & fwd R trn RF heel lead, strng trn RF sd L to bjo; quick XRIBL trn RF/twist RF on ball of R heel of L, cont twist trn rise on R, trn RF slight body shrug to rght sd & fwd L to semi DLC (trn RF fwd R, fwd & sd L spin RF, cl R in bjo; run fwd arnd man L/R, fwd L toe pivot RF, swivel on L strng trn RF to semi brush R to L sd & fwd R in semi);

13-16 SEMI CHASSE; WEAVE TO SEMI; CHAIR RECOVER SLIP;
13 Thru R, sd & fwd L/cl R, sd & fwd L in semi DLC;
14-15 Thru R, fwd L trn LF, bk R to bjo DLC; slight body trn RF bk L in bjo, bk R to cp trn LF, trn LF sd & fwd L to semi DLW;
16 Thru R relax R knee Man fwd poise, rec bk L, bk & sd R cp pivot DLC (thru L relax knee bk poise, rec R, sd & fwd L btwn man's ft pivot LF to cp);

PART B

1-4 OPEN TELEMARK; HOVER CROSS ENTRY TO RONDE & SWIVEL;;
LEFT CHASSE & PIVOT;

1 Fwd L trn LF, fwd & sd R trn LF (Lady heel trn), trn LF sd & fwd L to semi DLW;
2 Thru R in semi/fwd & sd L trn RF to cp, trn RF to sdcr fwd & sd R, fwd L in sdcr trn RF;
3 Fwd R to cp strong trn RF to fallaway LOD, slight body trn LF bk L body trn RF to in bjo LOD, - (sd & bk L in cp start CW ronde of R to fallaway, swivel LF on R to bjo, -);
4 Fwd R trn RF slight sway lft, sd & fwd L to cp/cl R curve to rght, sd & fwd L in cp pivot RF to cp DLC;

5-8 CHASSE TO SEMI; CURVED FEATHER CHECK; RIGHT TURNING LOCK; RUMBA CROSS;
5 Trn RF fwd R cp LOD, trn RF sd & fwd L to semi LOD/cl R, sd & fwd L LOD in semi;
6 Thru R trn RF, fwd & sd L to cp trn RF, strng trn RF sml step fwd R to bjo RLOD cnng (thru L, sd & fwd R to cp, strng trn RF sml step bk in bjo);
7 Bk L in bjo, slight trn RF bk R in bjo/1k LIFR (1k RIBL), trn RF sd & fwd R to cp DLC hold slight left sway;
8 Fwd L slightly arnd lady sml trn RF/chng to right sway XRIBL spin RF on R, sd L spin RF, sd & fwd R cp DLC (bk R toe out/chng to left sway XLIFR spin RF, sd R spin RF, bk L cp);

9-12 TRAVELING CONTRA CHECK; SEMI CHASSE; BIG TOP; WHISK;
9 Fwd L slightly arnd lady sml stp/cl R qk look & whisk, start rise dissolve sway trn RF to DLW, cont rise sd & fwd L
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in semi DLW (bk R toe out/cl L qk look & sway lft, start rise
dissolve sway trn RF to DLW, sd & fwd R in semi);
10 Thru R semi, sd & fwd L/cl R, sd & fwd L DLW in semi;
11 Thru R body trn LF spin LF on R leave left leg in place,
cont LF spin bk L in bjo, rise trn LF in slip pivot bk
small step R to cp RLOD (thru L trn LF/sd & bk R, spin LF on
R brush L to R, trn LF slip pivot action fwd L to cp);
12 Fwd L trn LF, sd & fwd R trn LF, slight trn RF XLIBR (Lady
XLIBL) to semi LOD;

13-16 RISING LOCK; TELESPIN TO BANJO; TWIST VINE;
13 Thru R trn LF, fwd & sd L, trn LF XLIBL head to rght shape to
rght cp DLC (lady XLIBR);
14-15 Fwd L trn LF, sd & fwd R trn LF, bk & sd L fc DRW; spin
LF on L, sd R trn LF, sd & fwd L to bjo DLC (bk R, cl L
heel trn on R, sd & fwd R mod cp; fwd L heel lead arnd man
spin LF/sd R spin LF, sd L sml step trn LF, trn LF sd & bk R
to bjo);
16 Fwd R in bjo trn RF/sd & bk L, bk R XIBL slight trn LF (lady
XLIBR), trn LF sd & fwd L to bjo DLW;

PART A MODIFIED

1-4 MANEUVER: RUNNING FINISH; DOUBLE NATURAL SPIN; LINK HOVER
TO SEMI;
1 Fwd R in bjo, fwd & sd L trn RF, trn RF cl R cp RLOD;
2 bk L trn RF; trn RF sd & fwd R slight shape to left (lady open
head), sd & fwd L slight body trn RF to bjo DLC;
3 Fwd R in bjo, trn RF fwd & sd L, spin RF tch R to L to bjo
DCL (bk L in bjo, cl R no wght heel trn RF xfer wght to R/fwd
L to cp, trn RF fwd R to bjo);
4 Fwd R in bjo trn RF slight shape to rght, trn RF brush L to R
slight sway lft start trn of heads to semi, sd & fwd L in
semi DLC;

5-6 NATURAL FALLAWAY OVERTURN; WHISK & SWAY CHANGES;
5 Thru R trn RF, fwd & sd L cont RF trn, cont RF trn sd & bk R
strng right sd lead in fallaway bkng DLC (thru L, fwd R to cp
body trn RF, cont body trn RF sd & bk L in fallaway);
6 Sway left bk L in flat whisk position both look DRW, chng
sway to right man look right above lady's head/change bk to
semi (lady look left then bk to semi);