

WRITTEN ON MY HEART

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Music: "Written on My Heart," Plus One. CD: *The Promise*, Track 1. Also available as .mp3 from Amazon.
Time: 3:49
Footwork: Opposite (*Woman's footwork opposite, except as noted in parentheses*)
Rhythm/Phase: Cha Cha Phase IV+1 (Double Cubans) +1 Unph (Ronde Cha Cha Box)
Degree of difficulty: Average
Sequence: INTRO – A – B – Brg – A – B – C – B – END

INTRODUCTION

1-6 OPEN POSITION BOTH FACING LOD WAIT FOUR MEASURES ; ; ; ; CIRCLE AWAY AND TOGETHER TO BFLY WALL ; ;

- 1-4 OP Fcg LOD wait 4 meas ending with 4 drum beats & begin on 1st note ; ; ; ;
5-6 {**Circ Awy & Tog**} Moving away from ptr in a circular pattern fwd, fwd, fwd/cl, fwd ; contg circular pattern trn twd ptr fwd, fwd, fwd/cl, fwd to BFLY WALL ;

PART A

1-4 BASIC ; ; BREAK BACK & CHA ; WALK TWO & CHA ;

- 1-2 {**Basic**} Fwd L, rec R, sd L/cl R, bk L ; bk R, fwd L, sd R/cl L, fwd R ;
3 {**Brk Bk & Cha**} Swvl bk L to fc LOD, rec R, fwd L/cl R, fwd L ;
4 {**Walk 2 & Cha**} Fwd R, fwd L, fwd R/cl L, fwd R ;

5-8 SLIDING DOOR TWICE ; ; VINE APART TWO & SIDE CHA ; CROSS CHECK & CHA TOGETHER [TO BFLY WALL] ;

- 5-6 {**Sldg Door 2X**} Rk apt L, rec R, XLif/sd R, XLif ; rk apt R, rec L, XRif/sd L, XRif ;
7 {**Vine Apt 2 & Sd Cha**} Sd L, XRib, sd L/sd R, sd L ;
8 {**Cross Chk & Cha Tog**} XRif ckg, rec L, trng 1/4 RF fwd R/cl L, fwd R to BFLY WALL ;

9-12 CHASE 1/2 TO TANDEM WALL ; ; PEEKABOO TWICE ; ;

- 9-10 {**Chase 1/2 to Tandem Wall**} Fwd L trng RF 1/2 to COH, rec R, fwd L/cl R, fwd L (*W back R, rec L, fwd R/cl L, fwd R*) ; fwd R trng LF 1/2 to WALL, rec L, fwd R/cl L, fwd R (*W fwd L trng RF 1/2 to WALL, rec R, fwd L/cl R, fwd L*) ;
11-12 {**Peekaboo 2X**} Sd L, rec R, cl L/sip R, sip L (*W sd R looking over left shldr at M, rec L, cl R/sip L, sip R*) ; sd R, rec L, cl R/sip L, sip R (*W sd L looking over right shldr at M, rec R, cl L/sip R, sip L*) ;

13-16 FINISH CHASE ; ; REVERSE UNDERARM TURN ; UNDERARM TURN ;

- 13-14 {**Fin Chase**} Fwd L, rec R to BFLY, bk L/cl R, bk L (*W fwd R trng LF 1/2, rec L to BFLY, fwd R/cl L, fwd R*) ; bk R, rec L, fwd R/cl L, fwd R (*W fwd L, rec R, bk L/cl R, bk L*) ;
15 {**Rev Underarm Trn**} Xlif, rec R, sd L/cl R, sd L (*W begin LF turn XRif under joined ld hands trng 1/2, cont turn rec L to fc partner, sd R/cl L, sd R*) ;
16 {**Underarm Trn**} XRib, rec L, sd R/cl L, sd R (*W XLif under joined ld hands begin 1/2 RF turn, rec R compl RF turn to face, sd L/cl R, sd L*) ;

PART B

1-4 OPEN BREAK ; WHIP TO COH ; NEW YORKER TWICE ; ;

- 1 {**Op Brk**} Rk apt L to LOP while extending trail arm up with palm out or extending horizontally, rec R lowering trail arm, sd L/cl R, sd L ;
2 {**Whp**} Bk R commence 1/4 LF trn, continue trn 1/4 to COH rec fwd L, sd R/cl L, sd R (*W fwd L outsd M on his L sd, fwd R commence LF trn 1/2, sd L/cl R, sd L*) ;
3-4 {**NY 2X**} Swvl thru L, rec swvl R to fc, sd L/cl R, sd L ; swvl thru R, rec swvl L to fc, sd R/cl L, sd R ;

5-8 CRAB WALKS LOD ; ; FENCE LINE ; CUCARACHA ;

- 1-2 {**Crab Wiks**} X Lif, sd R, X Lif/sd R, X Lif ; sd R, X Lif, sd R/cl L, sd R ;

- 3 {Fence Line} X lun L, rec R, sd L/sd R, sd L ;
4 {Cuca} Sd R, rec L, cl R/stp L, stp R ;

9-12 OPEN BREAK ; WHIP TO WALL ; NEW YORKER TWICE ; ;

- 9 {Op Brk} Rk apt L to LOP while extending trail arm up with palm out or extending horizontally, rec R lowering trail arm, sd L/cl R, sd L ;
10 {Whp} Bk R commence 1/4 LF trn, continue trn 1/4 to WALL rec fwd L, sd R/cl L, sd R (*W fwd L outsd M on his L sd, fwd R commence LF trn 1/2, sd L/cl R, sd L*) ;
11-12 {NY 2X} Swvl thru L, rec swvl R to fc, sd L/cl R, sd L ; swvl thru R, rec swvl L to fc, sd R/cl L, sd R ;

13-14 CRAB WALK RLOD ; CUCARACHA ;

- 13 {Crab Wik} XLif, sd R, XLif/sd R, XLif ;
14 {Cuca} Sd R, rec L, cl R/stp L, stp R ;

BRIDGE

1-2 DOUBLE CUBANS ; ;

- 1-2 {Dbl Cubans} XLif/rec R, sd L/rec R, XLif/rec R, sd L ; XRif/rec L, sd R/rec L, XRif/rec L, sd R ;

REPEAT PART A

- 1-4 BASIC ; ; BREAK BACK & CHA ; WALK TWO & CHA ;
5-8 SLIDING DOOR TWICE ; ; VINE APT TWO & SIDE CHA TO COH ; CROSS CHECK & CHA TOGETHER [TO BFLY WALL] ;
9-12 CHASE 1/2 TO TANDEM WALL ; ; PEEK-A-BOO TWICE ; ;
13-16 FINISH CHASE ; ; REVERSE UNDERARM TURN ; UNDERARM TURN ;

REPEAT PART B

- 1-4 OPEN BREAK ; WHIP TO COH ; NEW YORKER TWICE ; ;
5-8 CRAB WALKS LOD ; ; FENCE LINE ; CUCARACHA ;
9-12 OPEN BREAK ; WHIP TO WALL ; NEW YORKER TWICE ; ;
13-14 CRAB WALK RLOD ; CUCARACHA ;

PART C

1-4 TIME STEP TWICE ; ; RONDE CHA CHA BOX ; ;

- 1-2 {Time Stp 2X} XLib, rec R, sd L/cl R, sd L ; XRib, rec L, sd R/cl L, sd R ;
3-4 {Ronde Cha Cha Box} Ronde XLif, sd R, bk L/lk Rif, bk L (*W ronde XRib, sd L, fwd R/lk Lib, fwd R*) ; ronde XRib, sd L, fwd R/lk Lib, fwd R (*W ronde XLif, sd R, bk L/lk Rif, bk L*) ;

5-8 HALF BASIC ; AIDA ; SWITCH CROSS ; CUCARACHA ;

- 5 {1/2 Bas} Fwd L, rec R, sd L/sd R, bk L ;
6 {Aida} Thru R, sd L trng RF to fc ptr, cont RF trn bk R/lk Lif, bk R to V pos bk/bk RLOD ;
7 {Swch Cross} Trng LF to fc partner sd L chkg, rec R, XLif/sd R, XLif ;
8 {Cuca} Sd R, rec L, cl R/stp L, stp R ;

REPEAT PART B

- 1-4 OPEN BREAK ; WHIP TO COH ; NEW YORKER TWICE ; ;
5-8 CRAB WALKS LOD ; ; FENCE LINE ; CUCARACHA ;
9-12 OPEN BREAK ; WHIP TO WALL ; NEW YORKER TWICE ; ;
13-14 CRAB WALK RLOD ; CUCARACHA ;

END

1-5 HALF BASIC ; CRAB WALK LOD ; VINE EIGHT ; ; STEP APART L & HOLD ;

- 1 {1/2 Bas} Fwd L, rec R, sd L/sd R, bk L ;
2 {Crab Wik} XRif, sd L, XRif/sd L, XRif ;
3-4 {Vine 8} Sd L, XRib, sd L, XRif ; sd L, XRib, sd L, XRif ;
5 {Stp Apt} Stp apt L & hold, -, -, -;