

MY DEAR HEART

Composers: Fred & Gail Jabour, 605 Hampton Cove, Clinton, MS, 39056 (601) 924-5766
 Record: Roper 138 "Dear Heart" (flip "Sunrise, Sunset") Release date: Feb., 1989
 Footwork: Opposite. Woman's special instructions in parentheses.
 Level: Phase III (EZ INT WALTZ) This dance with its companion "Sunrise, Sunset", includes all figures in Phase III waltz. It is a parallel to the foxtrot "Room For Love".

Sequence: INTRO - A - B - A - INT - A - B - A - END Speed: 40

Meas INTRO

1 - 4 WAIT;; APT PT; PU TCH;
 1 - 2 ofp dw wait;;
 3 - 4 bk L, pt R twd ptr,-; fwd R picking up W to cplod, tch L,-;

PART A

1 - 4 FWD WALTZ; MANUV; SPIN TRN; BK HALF BOX;
 1 - 2 (cplod) fwd L, sd & fwd R, cl L; fwd R trng rf to cprlod, sd L, cl R;
 3 - 4 bk L piv rf to lod, fwd R rise, bk & sd L fc dw (W fwd R piv rf, bk L brush right to left, fwd R bet M's feet); bk R trng 1/2 lf, sd L, cl R to cp dc;

5 - 8 2 LF TRNG WALTZES TO CP WALL;; TWIST VINE; FC SD CL;
 5 - 6 fwd L trng lf, sd R, cl L; bk R trng to fc cp w, sd L, cl R;
 7 - 8 sd L, xRib (W xif), sd L; fwd R lod blend to fc ptr & w (W bk L lod), sd L, cl R;

9 -12 WHISK; WING; TELEMAR SCP; THRU FC CL;
 9 fwd L, fwd & sd R, xLib (W xib) rising on toes to scp lod;
 10 lowering from toes fwd R lod, draw L, tch L trng upper body lf to dc (W fwd L xif of M trng slightly lf, fwd R cont tm, fwd L end scar upper body trnd to left);
 11 fwd L dc trng lf, sd R cont tm, sd & fwd L to scp dw (W bk R heel tm lf bring left to right no wt chg, chg wt to L cont tm, fwd R to scp);
 12 thru R lod, blend to fc ptr & w sd L, cl R;

13-16 HOVER; HOVER FALLAWAY; SLIP PIVOT TO BJO; FC SD CL;
 13 fwd L, sd & fwd R rising to toes, rec fwd L to scp lod;
 14 staying in scp lod fwd R, fwd L rising to ball of foot and checking, rec bk on R; (*note-the hover fallaway does not turn)
 15 in scp bk L, bk R trng slightly lf keeping left leg extended, fwd L to bjo lod (W bk R starting lf pivot on ball of ft leave left leg extended, fwd L cont lf tm, bk R in bjo);
 16 fwd R lod blend to fc ptr & w (W bk L lod), sd L, cl R;

PART B

1 - 4 HOVER; X PIVOT SCAR; X HOVER BJO; X HOVER SCAR;
 1 fwd L, sd & fwd R rising to toes, rec fwd L to scp lod;
 2 fwd R in front of W begin rf tm, sd L cont tm, fwd R to scar dw (W fwd L small step begin rf tm, sd R small step cont tm, bk L to scar);
 3 xLif (W xRib), sd R with hov action trng 1/2 lf, rec L to bjo dc;
 4 xRif (W xLib), sd L with hov action trng 1/2 rf, rec R to scar dw;

5 - 8 TRN L & CHASSE; BK BK/LK BK; IMPETUS SCP; PU;
 5 xLif trng lf to cp coh, sd R/cl L, sd & bk R trng to bjo rlod;
 6 bk L, bk R/lk Lif, bk R;
 7 bk L bring r beside l no wt begin rf heel tm, cont tm chg wt to R trng, fwd L to scp (W fwd R outsd ptr, fwd L trng rf brush r to l, fwd R scp);
 8 fwd R lod picking up W, sd L, cl R;

INTERLUDE

1 - 4 BAL L & R;; VINE 3; PU TCH;
 1 - 2 sd L, xRib (Wxib), rec L; sd R, xLib (Wxib), rec R;
 3 - 4 sd L, xRib (W xib), sd L; fwd R lod picking up W to cplod, tch L,-;

END

1 - 4 BAL L & R;; VINE 3; CHAIR;
 1 - 4 repeat ms 1-3 of interlude;;; in scp lunge thru lod R,-,-;