

Heart II

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Music: "Heart" by Reba McEntire

CD: Oklahoma Girl ~ available as single download Amazon.com

Release Date: March 2015

Website: www.dancingchadds.com

Rhythm: Waltz

Phase: II

Degree of Difficulty: Average

Original Length of Music: 3:03

Music Modification: None

Sequence: Intro AB AB A(1-12) End

Footwork: Opposite for Woman unless otherwise noted in ()

INTRO (4 Measures)

1-4 **BFLY FCING WALL ~ LEAD FEET FREE ~ WAIT; WAIT; APT PT; TOG CPW & TCH;**

1-2 {Wait; Wait;} Bfly fcng the WALL--lead feet free--wait 2 measures;;

3 {Apt Pt} Apt L, pt R, -;

4 {Tog CPW & Tch} Tog R to CP fcng WALL, tch L, -;

PART A (16 Measures)

1-4 **LT TRNING BOX 1/2 TO FC COH;; BOX;;**

1-2 {Lt Trning Box 1/2 to Fc COH} From CPW...Fwd L commence 1/4 LF trn, complete trn sd R, clo L; Bk R commence 1/4 LF trn, complete trn sd L, clo R to end fcng COH;

3-4 {Box} Fwd L, sd R, clo L; Bk R, sd L, clo R;

5-8 **DIP BK & HOLD; REC & TCH; TO RLOD TW/VN 3; THRU FC CLO [CPW];**

5 {Dip Bk & Hold} Step bk to WALL L with relaxed knee, -, -;

6 {Rec & Tch} Rec R remaining in CP, tch L to R, -;

7 {To RLOD ~ Tw/Vn 3} With lead hnds joined & raised between ptrs ~ Twd RLOD Sd L, XRIB, sd L to Bfly; (Twd RLOD ~ Sd & fwd R trning 1/2 RF under joined hnds, sd & bk L trning 1/2 RF, sd R);

8 {Thru Fc Clo} Thru R, sd L to CP fcng COH, clo R;

9-12 **LT TRNING BOX 1/2 TO FC WALL;; BOX;;**

9-10 {Lt Trning Box 1/2 to Fc COH} From CP COH...Fwd L commence 1/4 LF trn, complete trn sd R, clo L; Bk R commence 1/4 LF trn, complete trn sd L, clo R to end fcng WALL;

11-12 {Box} Fwd L, sd R, clo L; Bk R, sd L, clo R;

13-16 **DIP BK & HOLD; REC & TCH; TW/VN 3 (LOD); PU LOD;**

13 {Dip Bk & Hold} Step bk twd COH L with relaxed knee, -, -;

14 {Rec & Tch} Rec R remaining in CP, tch L to R, -;

15 {Tw/Vn 3} With lead hnds joined & raised between ptrs ~ Twd LOD Sd L, XRIB, sd L to Bfly; (Twd LOD ~ Sd & fwd R trning 1/2 RF under joined hnds, sd & bk L trning 1/2 RF, sd R);

16 {PU to LOD} Thru R commence LF trn ~ leading lady to CP, sd & fwd L completing the turn to CP fcng LOD, clo R; (Thru L commence LF turn to CP, sd and bk R completing the turn, close L;)

PART B (20 Measures)

1-4 **PROGRESSIVE BOX;; FWD & PT; BK & PT;**

1-2 {Prog Box} Toward LOD ~ Fwd L, sd R, clo L; Fwd R, sd L, clo R;

3 {Fwd & Pt} Fwd L, pt fwd R, -;

4 {Bk & Pt} Bk R, pt bk L, -;

5-8 **2 LT TRNS (CPW);; CANTER 2X;;**

5-6 {2 Lt Trns} Fwd L commence up to 1/4 LF trn, continue turn sd R diag across line of progression turning up to 1/4 L, clo L; Bk R commence up to 1/4 LF trn, continue trn sd L toward line of progression turning up to 1/4 LF, clo R to CPW;

7-8 {Canter 2X} Sd L, drw R to L, clo R; Repeat;

"Heart II" Continued

PART B ~ CONTINUED

- 9-12** **LC ACROSS; FWD WALTZ; THRU TWINKLE LOD; THRU TWINKLE RLOD;**
9 {Lc Across} To LOD ~ Passing beh Lady with lead hnds joined moving diagonally across LOD Fwd L, fwd R, clo L to R
10 {Fwd Waltz} Fwd R, fwd L, clo R to L;
11 {Thru Twinkle LOD} Thru L twd LOD with crossing step, sd R to fc ptr, clo L to R;
12 {Thru Twinkle RLOD} Thru R twd RLOD w/ crossing step, sd L to fc ptr, clo R to L slight fc to LOD;
13-16 **TO LOD LC BK; THRU TWINKLE LOD; THRU TWINKLE RLOD; THRU FC CLO TO BFLY;**
13 {Lc Bk} To LOD ~ Passing beh lady with lead hnds joined moving diagonally across LOD Fwd L, fwd R, clo L to R;
14 {Thru Twinkle LOD} Thru R twd LOD wth crossing step, sd L to fc ptr, clo R to L;
15 {Thru Twinkle RLOD} Thru L twd RLOD with crossing step, sd R to fc ptr, clo L to R;
16 {Thru Fc Clo to Bfly} Thru R , sd L to Bfly fcng ptr & wall, clo R;
17-20 **STEP TO OP & PT FWD; SPIN MANU; 2 RT TRNS (CPW);:**
17 {Step to OP & Pt Fwd} Step fwd L trning to OP LOD, pt fwd R, -;
18 {Spin Manu} Fwd R commence RF upper body trn, continuing RF trn to face RLOD & ptr sd L, clo R; (Commence LF spin in place L, R, L to end fcng LOD and ptr;);
19-20 **{2 Rt Trns CPW}** Bk L commencing RF trn, continue trn sd R twd LOD trning RF, clo L; Fwd R commencing RF trn, continue trn sd L diagonally across LOD trning RF, clo R; (Fwd R commencing RF trn, continue trn sd L diagonally across LOD trning RF, clo R; Bk L commencing RF trn, continue trn sd R toward LOD trning RF, clo L;)

REPEAT PART A (16 Measures)

REPEAT PART B (20 Measures)

PART A (Measures (1-12))

- 1-4** **LT TRNING BOX 1/2 TO FC COH;; BOX;;**
1-4 Repeat as Part A above;;;
5-8 **DIP BK & HOLD; REC & TCH; TO RLOD TW/VN 3; THRU FC CLO [CPW];**
5-8 Repeat as Part A above;;;
9-12 **LT TRNING BOX 1/2 TO FC WALL;; BOX ~ SLOWING SLIGHTLY;;**
9-10 Repeat as Part A above;;;
11-12 {Box ~ Slowing Slightly} Fwd L, sd R, clo L; Slowing with the music ~ Bk R, sd L, clo R;

END (1 Measure)

- 1** **SLOW LUNGE SD & HOLD;.**
1 {Slow Lunge Sd & Hold} Twd LOD lunge L with soft knee and R leg straight ~ looking to LOD