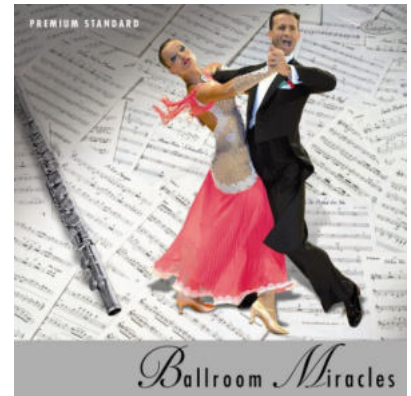


HEAVEN IN MY ARMS

Music: Carola
Casa Musica - Ballroom Miracles
<https://casa-musica.com/nl/muziek-cd-mp3/1085-ballroom-miracles.html>
Track # 4 Time 5:01 Adapted by Jos to Time 3.40
Available from choreographer

Rhythm: Waltz **Phase:** IV+1 (DBL Reverse Spin)
Footwork: Opposite except where (Noted)
Release Date: Sept 22
Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium
Email: jos.dierickx@telenet.be
Website: telemark.wixsite.com/roundsjos/home pw:america
Sequence: INTRO AB INTRO AB C BRIDGE A(1-6) ENDING



INTRO

01-04 CP DLC LEAD FOOT FREE WAIT 1 MEASURE ; DBL REVERSE SPIN to DLW ; HOVER TELE ; CHAIR & SLIP ;

{Wait} CP DLC ld ft free wt 1 meas ; {Dbl Reverse Spin to DLW} [1,2-/W1&2,3] Fwd L comm LF trn, sd R cont LF trn, spin LF on ball of R bringing L beside R w/ no wgt & keepg knees flexed (W bk R comm LF trn on R heel, cont trn on R heel & cl L/sd & bk R contg trn, XLif) to CP DLW ; {Hover Tele} Fwd L, fwd R risg & lft shldr lead, sd & fwd L to SCP LOD ; {Chair & Slip} Ck fwd R w/bent knee, rec L w/ slight LF trn, sm bk R (W ck fwd L, rec R swvlg 5/8 LF, fwd L) to CP DLC ;

PART A

01-04 OP REVERSE TURN ; BACK & CHASSE to BJO ; OP NATURAL ; BACK HOVER TELE ;

{OP Reverse Trn} Fwd L comm LF trn, trng LF sd R, bk L compg 3/8 LF trn (W bk R comm LF trn, cl L [heel trn], fwd R outsd ptr) to BJO RLOD ; {Bk & Chasse to BJO} [1,2&3] Bk R trng LF, sd L/cl R, sd & fwd L to BJO DLW ; {OP Natural} Fwd R stg RF trn, cont trn sd & bk L, bk R w/ rt sd ld (W bk L trng RF, fwd R btwn M's ft, fwd L) to BJO DRC ; {Bk Hover Telemark} Bk L comm RF trn, sd & fwd R btwn ptr's ft cont RF trn brushg L to R and risg, sd & fwd L (W fwd R outsd M comm to trn RF, sd L cont RF trn brushg R to L and risg, sd & fwd R) to SCP DLC ;

05-08 IN & OUT RUNS ; ; OP NATURAL ; HESITATION CHANGE ;

{In & Out Runs} Trng RF fwd R, sd & bk L to CP RLOD, bk R (W fwd L, fwd R btwn M's ft, fwd L) to BJO RLOD ; Trng RF bk L, cont trn fwd R btwn W's ft, sd & fwd L (W trng RF fwd R, cont trn sd L ifo M, cont trn fwd & sd R) to SCP LOD ; {OP Natural} Thru R stg RF trn, contg RF trn sd L ifo W, bk R (W fwd L, fwd R btwn M's ft, fwd L) to BJO RLOD ; {Hesitation Chng} [1,2-] Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ;

09-12 VIENNESE TURNS ; ; HOVER TELE ; NATURAL HOVER FALLAWAY Checkg ;

{Viennese Turns} Fwd L stg LF trn, sd R cont trn, XLif to fc RLOD (W bk R stg LF trn, sd L cont trn, cl R) ; Bk R cont LF trn, sd L cont trn, cl R (W fwd L cont LF trn, sd R cont trn, XLif) to CP DLW ; {Hover Tele} Repeat meas 3 Intro ; {Natural Hover Fallaway} Fwd R, fwd L risg & trng RF, rec R (W fwd L, trng RF fwd R, rec L) to SCP DRW checkg ;

13-16 OUTSIDE CHANGE to SCP ; MANUVER ; SPIN TURN ; BOX FINISH ;

{Outsd Chg to SCP} Comm LF trn bk L, bk & sd R cont LF trn, sd & fwd L (W fwd R, L, R) to SCP DLW ; {Manuver} Trng RF fwd R ifo W, sd L cont trn, cl R (W fwd L, R, L) to CP RLOD ; {Spin Trn} Stg RF upper bdy trn bk L pvtg 1/2 RF to fc LOD, fwd R btwn W's ft heel to toe cont trn leavg L leg xtnd bk & sd, rec L (W stg RF upper bdy trn fwd R btwn M's ft heel to toe pvtg 1/2 RF, bk L cont trn brush R to L, fwd R btwn M's ft) to CP DLW ; {Box Finish} Bk R, sd & bk L trng 1/4 LF, cl R to CP DLC ;

PART B

01-04 DIAMOND TURN/W INSD TRNS ; ; ; ;

{Diamond Trn/W Insd Trns} Fwd L trng LF, compg 1/4 LF trn sd R, bk L to BJO DRC ; Staying in BJO & trng LF bk R raisg ld hnds, compg 1/4 LF trn sd L, fwd R (W fwd L comm LF trn under ld hnds fc RDC, small sd R cont LF trn, small sd L compg LF trn) to BJO DRW ; Repeat meas 1,2 Part B to BJO DLW & LOD ; ;

05-08 BOX w/ 2 WAYS UNDERARM TURN to RLOD ; ; ; ;

{Box w/ 2 Ways Underarm Trn to LOP RLOD} [CP LOD Ld Ft Free] Fwd L, sd R, cl L ; Bk R raisg ld hnds, sd L, cl R (W start a wide RF circle under ld hnds L, R, L) both fcg LOD in a Mod LOP POS ld hnds high ; Fwd L to LOD, fwd & sd R trng ¼ LF, cl L (W fwd R to LOD, fwd & sd L trng ¼ RF to fc ptr, cl L) to LOP M fcg W COH [ld hnds still jnd high] ; Fwd R passg ifo W ld hnds still jnd high, fwd & sd L comm trng RF, small sd R cont RF trn point L to R (W fwd L passg each other rt sd ld hnds jnt, fwd & sd R comm LF trn under ld hnds, small sd L cont LF trn pnt R to L) to LOP RLOD ;

09-12 THRU TWINKLE to BJO ; FORWARD FACE CLOSE ; STROLLING VINE w/ HESITATION & INSIDE ROLL ; ;

{Thru Twinkle BJO} Thru L comm LF trn, sd R cont LF trn to fc ptr, comp LF trng to BJO DLW fwd L (W bk R) ; {Fwd Fc Cl} Fwd R, sd & fwd L trng RF to fc ptr, cl R Loose CP WALL ; {Strolling Vine w/ Hesitation & Inside Roll} [12-] Sd L, XRib (WXLif), swiv LF on R to DLW ; Sd & fwd L trng LF raisg ld hnds, fwd R, XLif (W fwd R across LOD trng LF, roll LF under ld hnds L, R to fc ptr) to fc Loose CP COH ;

13-16 STROLLING VINE w/ HESITATION & OUTSIDE ROLL ; ; TWIRL/VINE ; CHAIR & SLIP ;

{Strolling Vine w/ Hesitation & Outside Roll} [1,2-] Sd R, XLib (WXRif), swiv RF on L to DLC ; Sd & fwd R trng RF raisg ld hnds, fwd L, XRif (W fwd L across LOD trng RF, roll RF under ld hnds R, L to fc ptr) to BFLY WALL ; {Twirl/Vine} Raisg ld hnds Sd L, XRib, sd L (W full RF trn undr jnd ld hnds fwd R, s d& bk L, fwd R) to SCP LOD ; {Chair & Slip} Repeat meas 4 Intro ;

PART C

01-04 TELEMARK to SCP ; THRU SYNCOPATED VINE ; WEAWE 6 to BJO ; ;

{Telemark to SCP} Fwd L comm LF trn, sd R w/ a strong LF trn, sd & slightly fwd L (W bk R comm LF trn, cl L [heel trn], sd & slightly fwd R) to SCP DLW ; {Thru Sync Vine} [1,2&3] Thru R, sd L/XRib (W XLib), sd L to SCP LOD ; {Weawe 6 to BJO} Fwd R, fwd L stg LF trn, contg trn sd & bk R to fc DRC (W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L LOD to BJO) ; Bk L LOD, bk R trng LF trn, sd & fwd L (W fwd R outsd ptr, fwd L to CP contg LF trn, sd & bk R) to BJO DLW ;

05-08 CROSS PIVOT to SCAR ; CROSS HOVER to SCP ; CROSS HESITATION ; OP IMPETUS ;

{Cross Pivot Scar} XRif comm RF trn, sd L cont RF trn, cont RF trn sd R to Scar (W XLib comm RF trn, cl R to L [heel trn], cont RF trn sd L) end Scar DLW ; {Cross Hover to SCP} XLif, sd R & fwd hvrg, rec L (W XRib, sd & bk L w/ strong RF trn, fwd R) to SCP LOD ; {Cross Hesitation} [1,-,-/123] Fwd R, w/o chg wgt trn ¼ LF on ball of R ft, cont trng LF on ball of R ft ckg (W fwd L stg LF trn, sd R arnd M trng LF, contg LF trn cl L) to BJO DRC ; {Impetus to SCP} Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn arnd M, brush R & fwd R) to SCP DLC ;

09-12 MANUEVER ; SPIN TURN ; Bk & CHASSE to SCP ; WEAWE 3 to BJO ;

{Manuver} Repeat meas 14 Part A ; {Spin Trn} Repeat meas 15 Part A ; {Bk & Chasse to SCP} [1,2&3] Bk R trng LF, sd L/cl R, sd & fwd L to SCP LOD ; {Weawe 3 to BJO} Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R (W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L LOD) to BJO DRC ;

13-16 PIVOT 3 to ½ OP LOD ; OP IN & OUT RUNS ; ; SLOW SIDE LOCK ;

{Pivot 3 to ½ OP LOD} Bk L pivot ½ RF, fwd R heel lead btwn W's feet cont RF trn rise & stretch R sd, sd & fwd L to ½ OP LOD ; {OP In & Out Runs} Fwd R begin RF trn, sd & fwd L Xg ifo W cont trn, sd & fwd R to ½ LOP LOD w/ free arms out to sd (W fwd R, L, R) ; Fwd L, R, L (W fwd R begin RF trn, sd & fwd L Xg ifo M cont trn, fwd & sd R) to ½ OP LOD w/ free arms out to sd ; {Slow Sd Lock} Thru R, fwd & sd L risg trng LF, cl R (W thru L trng LF, sd R trng LF, lk Lif) to CP DLC ;

BRIDGE

01-04 DBL REVERSE SPIN to DLW ; HOVER TELE ; THRU SYNCOPATED VINE ; CHAIR & SLIP ;

{Dbl Reverse Spin to DLW} Repeat meas 2 Intro ; {Hover Tele} Repeat meas 3 Intro ; {Thru Sync Vine} Repeat meas 2 Part C ; {Chair & Slip} Repeat meas 4 Intro ;

ENDING

01-02 THRU to PROMENADE SWAY ; CHANGE to OVERSWAY ;

{Thru Prom Sway} [1,2,-] Thru R, sd & fwd L stretch left sd look over jnd ld hnd, - ; {Chng to Oversway} With no chng wgt relax L knee keepg R leg xtnd w/ slight LF upper bdy trn & stretch L sd both w/ hd well to L (W relax R knee & w/ LF upper bdy trn slowly chng hd from R to L usg full meas) ;