

A TENDER HEART

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Rhythm: WALTZ Phase: II+1up (Contra twinkle) Difficulty: Moderate
Record: A Tender Heart by Dance Mania
Track 10 from album "The Ballroom: Waltz" Timing 2:44 @ 100%
Available as MP3 download from Amazon
Sequence: IN – A – Br – B – A – B – A – B (1-8) – END Play at 100% (45 RPM) Rev: 1.0
Footwork: Normal footwork throughout- except in part B meas 9 - 14



INTRO – 8 MEAS

(1-8) [OFP-W] WAIT ; - ; APT, PT ; CP & TCH ; BOX ; - ; TWRL VIN 3 ; THRU FC CL ;

PART A – 8 MEAS

(1-8) LEFT TRNG BOX ; - ; - ; - ; DIP COH ; REC-SCAR ; TWKL-BJO ; MANUV ;

BRIDGE – 2 MEAS

(1-2) 2 RIGHT TURNS ; to BFLY- ;

PART B – 16 MEAS

(1-4) WZ AWAY ; TRN IN TO [LOP] FC REV ; BK WZ ; BAL BK ;

(5-8) OPEN BOX ; - ; THRU TWKL ; THRU FC CL TO BFLY [WALL] ;

(9-12) WZ AWAY ; Lady only THRU TWKL TO BFLY-BJO ; Both CONTRA TWKL ; 2X ;

(13-16) WHEEL 3 ; LADY UNDER MAN RUN 4-BJO ; [lead FT] WHEEL 6 TO ; CP-WALL ;

PART A – 8 MEAS

(1-8) LEFT TRNG BOX ; - ; - ; - ; DIP COH ; REC-SCAR ; TWKL-BJO ; FWD FC CL ;

PART B – 16 MEAS

(1-4) WZ AWAY ; TRN IN TO FC REV ; BK WZ ; BAL BK ;

(5-8) OPEN BOX ; - ; THRU TWKL ; THRU FC CL TO BFLY] ;

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*(13-16) WHEEL 3 ; LADY UNDER MAN RUN 4-BJO ; [lead FT] WHEEL 6 TO ; CP-WALL ;

PART A – 8 MEAS

(1-8) LEFT TRNG BOX ; - ; - ; - ; DIP COH ; REC-SCAR ; TWKL-BJO ; FWD FC CL ;

PART B – MEAS 1 – 8

(1-4) WZ AWAY ; TRN IN TO FC REV ; BK WZ ; BAL BK ;

(5-8) OPEN BOX ; - ; THRU TWKL ; THRU FC CL TO CP [WALL] ;

END – 6 MEAS

(1-6) LEFT TRNG BOX ; - ; - ; - ; SLO DIP CENTER ; RISE & LEG CRAWL ;

* Note: this is same sequence as another dance "Forever Love" by this choreographer.

MEAS (TIMING)	FIGURE	MAN'S PART	LADY'S PART
Introduction – 8 measures			
1 - 2	Wait ; ;	OFP-wall wait 2 meas ; ;	Wait ; ;
3 - 4 S - - S - -	Apt pt ; CP tch ;	Apt L, pt R twd prtnr, - [keep trl hnds jnd] ; Tog R to CP-wall, tch L to R, - ;	Apt R, pt L twd prtnr, - ; Tog L to CP, tch R to L, - ;
5 - 6	Box ; ;	Fwd L, sd R, cl L ; Bk R, sd L, cl R ; CP-wall	Bk R, sd L, cl R ; Fwd L, sd R, cl L ;
7	Twrl vin 3 ;	[leading w to twrl RF] Sd L, XRIB, sd L ; LOFP-wall	[trng RF under jnd ld hnds] roll RF R, L, sd R ;
8	Thru fc cl ;	Thru CBMP R, sd L, cl R ; CP-wall	Thru CBMP L, sd R, cl L ;
Part A – 8 measures			
1 - 4	Left trng box ; ; ; ;	Fwd CBMP L trng ¼ LF, sd R, cl L ; Bk CBMP R trng ¼ LF, sd L, cl R ; CP-COH Repeat part A meas 1 & 2 to CP-wall ; ;	Bk CBMP R trng ¼ LF, sd L, cl R ; Fwd CBMP L trng ¼ LF, sd R, cl L ; Repeat part A meas 1 & 2 to CP-wall ; ;
5 S - -	Dip bk ;	Dip bk L with slight LF twist, drw R twd L, - ;	Dip fwd R with slight LF twist, drw L twd R, - ;
6 S - -	Rec – SCAR ;	Rec fwd R trng RF, pt sd L, - ; SCAR-DRW	Rec bk L trng RF, pt sd R, - ;
7	Twkl – BJO ;	Fwd CBMP L, trng LF sd R, cl L ; BJO-DLW	Bk CBMP R, trng LF sd L, cl R ;
8 (1 st)	Manuv ;	Trng RF fwd R, cont trn sd L, cl R ; CP-RLOD	Trng RF bk L, cont trn sd R, cl L ;
8 (2 nd , 3 rd)	Fwd fc cl ;	Trng RF fwd R, sd L, cl R ; BFLY-wall	Trng RF bk L, sd R, cl L ;
Bridge – 2 measures			
1 - 2	2 right trns ; ;	Trng RF bk L, cont trn sd R, cl L ; Trng RF fwd R, cont trn sd L, cl R ; CP-wall	Trng RF fwd R, cont trn sd L, cl R ; Trng RF bk L, cont trn sd R, cl L
Part B – 16 measures			
1	WZ away ;	[keep trl hnds jng] Trng LF sd L, sd R cont trn to slight bk to bk pos, cl L ;	Trng RF sd R, sd L, cl R ;
2	Turn in to RLOD ;	Trng RF sd R, cont trn sd L to LOP-RLOD, sml bk R ;	Trng LF sd L, cont trn sd R, sml bk L ;
3	Bk WZ ;	Bk L, bk R, sml bk L ; still LOP-RLOD	Bk R, bk L, sml bk R ;
4	Bal bk ;	Bk R, bk L rise, rec fwd R ; still LOP-RLOD	Bk L, bk R rist, rec fwd L ;
5 – 6	Op box ; ;	Fwd L, apt (sd) R, cl L ; Bk R, tog (sd) L, cl R ;	Fwd R, apt L, cl R ; Bk L, tog R, cl L ;
7	Thru twkl ;	[keep ld hnds jnd] Thru L trng LF, sd R to fcg v-pos, cl L ;	Thru R trng RF, sd L, cl R ;
8	Thru fc cl ;	Thru CBMP R, sd L, cl R ; BFLY-wall [last time to CP]	Thru CBMP L, sd R, cl L ;
9	WZ away ;	Repeat part B meas 1 ;	Repeat part B meas 1 ;
10 - - - (SSS)	Lady thru twkl ;	Hold position, - , pt R bk ; to BFLY-BJO [right foot free for both] man fcg DLW	Thru L trng LF, rk sd R, rec L ; Lady fcg DRC
11 – 12	Contra twkl 2X ; ;	XR thru trn RF, sd L, cl R to BFLY-SCAR-DRW ; XL thru trn LF, sd R, cl L to BFLY-BJO-DLW ;	XR thru trn RF, sd L, cl R ; fc DLC XL thru trn LF, sd R, cl L ; fc DRC
13	Wheel 3 ;	[BFLY-BJO thruout] Crvg RF fwd R, L, R ; BFLY-BJO-RLOD	Crvg RF fwd R, L, R ;
14 SQaS (SSS)	Lady under man run ;	[leading w to trn under jnd ld hnds] Crvg RF fwd L, R/cl L, fwd R to BJO-DLW ;	[under jnd ld hnds] trn LF on spot L, R, L ;
15 – 16	Whl 6 ; ;	Crvg RF fwd L, R, L ; R, L, R ; CP-wall	Crvg RF fwd R, L, R ; L, R, L ;
END – 6+ measures			
1 - 4	Left trng box ; ; ; ;	Repeat part A meas 1 – 4 ; ; ; ;	Repeat part A meas 1 – 4 ; ; ; ;
5 – 6 S - - - -	Slo dip ; & leg crawl ;	Dip bk L, - , - ; Rise, twist LF, - ;	Dip fwd R, - , - ; Rise, twist LF, lift L knee up along m's R leg ;