

A BISSEL HERZ

Music : Hansi Hinterseer

www.amazon.de Cd Heut' ist dein Tag Track #6 Time 3:04

Available from choreographer

Rhythm: Waltz Phase: III + 1 (Diamond Turn)

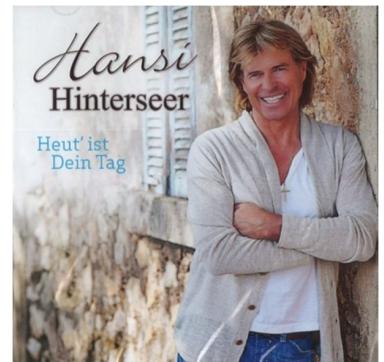
Footwork: Opposite except where (Noted)

Release Date: July 2014

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Sequence: INTRO AB AB A(1-16) END



INTRO

01-04 BJO POS DLC LEAD FOOT FREE WAIT 4 MEASURES ; ; ;

{Wait} In BJO POS DLC ld ft free wt 4 Meas ; ; ;

05-09 FEATHER ; MANUVER ; IMPETUS to SCP ; PICK UP SIDE CLOSE ; WALK 2 & POINT ;

{Feather} In BJO Fwd L, -, with a slight curve RW fwd R, fwd L ; {Manuver} Fwd R trng RF in frt of W, -, sd L, cl R (W bk L trng RF, -, sd R, cl L) to CP RLOD ; {Impetus to SCP} Bk L comm RF trn, -, cl R [heel trn], fwd L (W fwd R btw M's ft heel to toe pvt ½ RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R) to SCP LOD ; {PU Sd Cl} Sm fwd R, -, sd L, cl R (W trng LF fwd L in frt of M, -, cont trn sd R, cl L) to CP LOD ; {Walk 2 & Point} Fwd L, -, fwd R, point L to R to CP LOD ;

PART A

01-04 DIAMOND TURN ; ; ;

{Diamond Turn} Fwd L trng LF, -, compg ¼ LF trn sd R, bk L to BJO RDC; Staying in BJO & trng LF bk R, -, compg ¼ LF trn sd L, fwd R to BJO RDW ; Staying in BJO & trng LF fwd L, -, compg ¼ LF trn sd R, bk L to BJO DLW ; Bk R in BJO trng RF, -, sd L compg ¼ LF trn, fwd R to BJO DLC ;

05-08 FEATHER ; MANUVER ; IMPETUS to SCP ; THRU SIDE CLOSE ;

{Feather} Repeat meas 5 Intro ; {Manuver} Repeat meas 6 Intro ; {Impetus to SCP} Repeat meas 7 Intro ; {Thru Sd Cl} Thru R, -, sd L trng to fc ptr, cl R to CP WALL ;

09-12 HOVER ; HOVER FALLAWAY ; BACK HOVER to SCP ; PICK UP to SCAR ;

{Hover} Fwd L, -, fwd & sd R rise to ball of ft, fwd L to SCP LOD ; {Hover Fallaway} Fwd R, -, fwd L risg & ckg, rec R to SCP DLW ; {Bk Hover to SCP} Bk L, -, bk R risg sltly, rec L (W bk R, -, bk & sd L risg sltly, fwd R) to SCP LOD ; {Pick Up to SCAR} Sm fwd R, -, sd L, cl R (W trng LF fwd L in frt of M, -, cont trn sd R, cl L) to SCAR DLW ;

13-16 CROSS HOVER to BJO ; CROSS HOVER to SCAR ; CROSS HOVER to SCP ; PICK UP SIDE CLOSE [3^{de} Time to SCAR] ;

{Cross Hover to BJO} XLif (W XRib), -, sd R rise trn LF, rec L to BJO DLC ; {Cross Hover to SCAR} XRif, -, sd L w/ rise comm RF trn, rec R to SCAR ; {Cross Hover to SCP} XLif, -, sd R hvrg, rec L (W XRib, -, sd & bk L w/ strong RF trn, fwd R) to SCP LOD ; {Pick Up Sd Cl} Repeat meas 12 Part A to CP LOD ;

3^{de} Time: {Pick Up to SCAR} Repeat meas 12 Part A ; Go to End

17 WALK 2 & POINT ;

{Walk 2 & Point} Fwd L, -, fwd R, point L to R ;

PART B

01-04 ONE LEFT TURN ; BACK & RUN 2 ; 2 RIGHT TURNS ;

{One Left Turn} Fwd L com LF trn, -, sd R cont trn, cl L to CP RLOD ; {Bk & Run 2} Bk L, -, bk R, bk L ; {2 Right Turns} Bk L strt RF trn, -, cont RF trn sd R, cl L ; Cont RF trn fwd R, -, sd L, cl R to CP DLW ;

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05-08 WHISK ½ OP ; M ROLL ACROSS ; W ROLL ACROSS ; THRU SIDE BEHIND ;

{**Whisk to ½ OP**} Fwd L, -, sd & fwd R, XLib (W XRib) to ½ OP DLC ; {**M Roll Across**} Fwd R comm RF trn, -, sd & fwd L in frt of W contg trn, sd & fwd R (W fwd R, -, L, R) to ½ LOP LOD w/trail arms out to sd ; {**W Roll Across**} Fwd L, -, R, L (W fwd R comm RF trn, -, sd & fwd L in frt of M contg trn, fwd & sd R) to ½ OP DLC w/ ld arms out to sd ; {**Thru Sd Behind**} Thru R, -, sd L, XRib (W XRib) to mom LOP RLOD ;

09-12 ROLL 3 to SCP ; PICK UP SIDE CLOSE ; 2 LEFT TURNS ;

{**Roll 3 to SCP**} Bk & sd L stg LF roll twd LOD, -, cont trn on ball of L ft & cl R, cont roll sd & fwd L to SCP LOD ; {**Pick Up Sd Cl**} Repeat meas 12 Part A to CP LOD ; {**2 Left Turns**} Fwd L com LF trn, -, sd R cont trn, cl L to CP RLOD ; Bk R com LF trn, -, sd L cont trn, cl R to CP WALL ;

13-16 HOVER ; MANUVER ; SPIN TURN ; BOX FINISH ;

{**Hover**} Repeat meas 9 Part A ; {**Manuver**} Repeat meas 6 Intro ; {**Spin Turn**} Begin RF upper body trn bk L toeing in pivot ½ RF, -, cont trn fwd R betw W's ft, rec sd & bk L (W begin RF upper body trn fwd R heel to toe betw M's ft pivot ½ RF, -, cont trn bk on L toe, fwd R) to CP DLW ; {**Box Finish**} Bk R, -, sd & bk L trng 1/4 LF, cl R to CP DLC ;

ENDING

01-02 CROSS HOVER to BJO ; CROSS HOVER to SCAR ; CROSS HOVER to SCP ; THRU SIDE CLOSE ;

{**Cross Hover to BJO**} Repeat meas 13 Part A ; {**Cross Hover to SCAR**} Repeat meas 14 Part A ; {**Cross Hover to SCP**} Repeat meas 15 Part A ; {**Thru Sd Cl**} Repeat meas 8 Part A ;

05-06 HOVER ; CHAIR & HOLD ;

{**Hover**} Repeat meas 9 Part A ; {**Chair & Hold**} [S] Thru R relax R knee both fwd poise, -, hold as music fades, -;