

A TENDER HEART

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Music: A Tender Heart by Dance Mania, The Ballroom: Waltz, trk 10 - available for download at Amazon, 2:44

Rhythm: Waltz Phase III+1 (hover telemark) Suggested speed: 46 rpm

Footwork: Opposite unless indicated (W's footwork in parentheses) Difficulty: average

Timing: 123 unless otherwise indicated, reflects actual weight changes Released: May 13, 2015

Sequence: A Brg BC AB End

Part A (16 meas)

- 1-8 **[CP WALL] Dip & Hold; Rec SCAR DRW; Twinkl Bjo; Manuv Sd Cl; 2 Rt Trns WALL;; Canter Twice;;**
- 1-2 [no meas wait] In cp pos fcg WALL bk L, - , - ; rec R to scar fcg DRW, tch L to R, - ;
- 3-4 {Twinkl to bjo} XLif twd DRW, trng LF sd R to bjo DLW, cl L; {Manuv} Fwd R outsd ptr comm RF upper body turn, cont RF trn to fc ptr sd L, cl R end fcg RLOD;
- 5-6 {2 Rt trns} Bk L trng RF, cont turn sd R twd LOD, cl L fcg DLC; fwd R trng RF, cont turn sd L twd LOD, cl R to fc WALL;
- 7-8 {Canter twice} Sd L, draw R, cl L; sd L, draw R, cl L;
- 9-16 **[CP WALL] Left Trng Box;;; Bal Left & Rt;; Roll 3; Thru Fc Cl CP;**
- 9-12 {Left trng box} Fwd L trng LF, sd R, cl L to fc LOD; bk R trng LF, sd L, cl R fc COH; fwd L trng LF, sd R, cl L to fc RLOD; bk R trng LF, sd L, cl R to bfly WALL;
- 13-14 {Bal left & rt} Sd L, XRib, in plc L; sd R, XLib, in plc R;
- 15-16 Roll LF (W RF) L, R, L to scp LOD; {Thru fc cl} Thru R twd LOD, sd L to fc ptr, cl R cp WALL;

Brg (2 meas)

- 1-2 **[CP WALL] Sway Left; Sway Rt to Bfly;**
- 1-2 In cp sd L, - , - ; sd R, - , - end in bfly WALL;

Part B (16 meas)

- 1-8 **[Bfly WALL] Wltz Away; P/U Sd Cl; 2 Left Trns;; Whsk; Wing SCAR; Cross Hover Bjo; Fwd Fc Cl;**
- 1-2 {Waltz Away} Releasing lead hnds fwd L trng away from ptr, sd & fwd R, cl L; {P/U sd cl} Thru R leading W to trn LF, sd & fwd L to fc LOD, cl R (thru L trng LF to end fcg RLOD);
- 3-4 {2 left trns} Fwd LOD L trng LF, cont LF trn sd R, cl L; bk R trng LF, cont LF trn sd L, cl R to cp WALL;
- 5-6 {Whsk} Fwd L, fwd & sd R rise, XLib to full rise on ball of foot ending in a tight scp LOD; {Wing} In scp fwd R twd LOD, draw L twd R rotating upper body LF with left sd stretch to fc DLC, tch L to R (W fwd L comm LF, cont trn fwd R arnd M, fwd L to end in scar);
- 7 {X hvr bjo} XLif, sd R w/ rise trng slightly LF, rec L to bjo DLC (W XRib, sd L trng sltly LF with rise, rec R);
- 8 {Fwd fc cl} Fwd L twd LOD, sd R to fc, cl L cp WALL;
- 9-16 **[CP WALL] Hover Telemark DLW; Hover Fallaway; Slip Pvt Bjo; Manuv Sd Cl; Spin Trn; Box Fin LOD; 2 Fwd Wltzes;;**
- 9-10 {Hvr Tele} Fwd L, fwd & sd R trng body RF 1/8 rising brush L to R, fwd L scp DLW; {Hvr Fall} Fwd R twd DLW, fwd L rising brush R to L, rec R;
- 11 {Slip pvt bjo} In scp bk L, bk R trng LF, fwd L to bjo LOD (W in scp bk R comm LF trn, fwd L comp LF trn to bjo, bk R fcg DRC);
- 12 {Manuv} Fwd R outsd ptr comm RF upper body turn, cont RF trn to fc ptr & RLOD sd L, cl R;
- 13-14 {Spin trn} Comm RF upper body trn bk L toe pivoting 1/2 to fc LOD, fwd R btwn W's feet cont RF trn, sd & bk L end fcg DLW (W comm RF upper body trn fwd R btwn M's feet pivoting 1/2, bk L toe cont trn brush R to L, comp trn sd & fwd L brushing R to L, comp trn fwd R); bk R trng LF to fc LOD, sd L, cl R;
- 15-16 {2 fwd wltzes} Fwd L, fwd & sd R, cl L; fwd R, fwd & sd L, cl R;

Part C (8 meas)

- 1-8 **[CP LOD] Trn Left – Rt Chasse Bjo; Bk, Bk/Lk, Bk; Impetus SCP; Thru Chasse Bjo; Fwd, Fwd/Lk, Fwd; Fwd Fc Cl; Twrl Vine 3; Thru Fc Cl;**
- 12&3 1 {Trn L & Chasse Bjo} Fwd L trng LF, bk & sd R/cl L, R cont trng to BJO fcg DRC;
- 12&3 2 {Bk Bk/Lk Bk} Bk L twd LOD crossing under body, bk R/lk Lf, bk R to bjo DRC (W fwd R, fwd L/lk Rib, fwd L);
- 3 {Imp scp} Trng RF bk L, cl R heel trn cont trn, comp trn fwd L to scp DLC (W fwd R betw M's feet pvtg RF, cont trn around M sd & fwd L brushing R to L, comp trn fwd R);
- 12&3 4 {Thru chasse bjo} Thru R twd LOD trng to fc, sd L/cl R, sd L end in bjo DLW (W trn head left to end in bjo fcg DRC);
- 12&3 5-6 {Fwd fwd/lk fwd} In bjo fwd R, fwd L/lk Rib, fwd L; {Fwd fc cl} Fwd R twd LOD, sd L to fc, cl R cp WALL;
- 7-8 {Twrl Vine 3} Sd L twd LOD, XRib, sd L to scp (sd & fwd R trng RF under jnd lead hands, sd & bk L cont trn, sd R); {Thru fc cl} Thru R twd LOD, sd L to fc ptr, cl R cp WALL;

End (6 meas)

- 1-6 **[CP LOD] 2 Left Trns CP WALL;; Sway Left; Sway Rt; Slo Dip Bk; Slo Twst;**
- 1-2 {2 left trns} Fwd LOD L trng LF, cont LF trn sd R, cl L to fc DRC; bk R trng LF, cont LF trn sd L, cl R to fc WALL;
- 3-6 Sd L, - , - ; sd R, - , - ; bk L slowly, - , - ; very slowly rotate upper body slightly LF & hold;

Quick Cues:

- A Dip & Hold; Rec SCAR; Twinkl Bjo; Manuv; 2 Rt Trns (Wall);; Canter Twice;; Left Trng Box;;; (Bfly) Bal Left & Rt;; Roll 3; Thru Fc Cl;
- Brg Sway Left; Sway Rt (Bfly);
- B Wltz Away; P/U; 2 Left Trns;; Whsk; Wing; X-Hvr Bjo; Fwd Fc Cl; Hvr Telemk; Hvr Fall; Slip Pvt Bjo; Manuv; Spin Trn; Box Fin; 2 Fwd Wltzes;;
- C Trn Left – Chasse Bjo; Bk, B/L, Bk; Imp Scp; Thru Chasse Bjo; Fwd, F/L, Fwd; Fwd Fc Cl; Twrl Vine 3; Thru Fc Cl;
- A Dip & Hold; Rec SCAR; Twinkl Bjo; Manuv; 2 Rt Trns (Wall);; Canter Twice;; Left Trng Box;;; (Bfly) Bal Left & Rt;; Roll 3; Thru Fc Cl (Bfly);
- B Wltz Away; P/U; 2 Left Trns;; Whsk; Wing; X-Hvr Bjo; Fwd Fc Cl; Hvr Telemk; Hvr Fall; Slip Pvt Bjo; Manuv; Spin Trn; Box Fin; 2 Fwd Wltzes;;
- End 2 Left Trns (Wall);; Sway Left; Sway Rt; Slo Dip Bk; Slo Twst & hold;