

All In My Heart

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RECORD: All In My Heart, John Michael Montgomery, CD: Kickin' It Up, Track 5
Time: 3:47 as downloaded @ 100% (Speed up 5%)
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FOOTWORK: Woman Opposite unless noted (women's footwork in Parentheses)

RHYTHM: Waltz PHASE: II + 2 (Hover, Semi Chasse) DIFFICULTY: Avg

SEQUENCE: Intro, A, A, B, Int, A, B, End

Intro

1-4 Wait 2 Measures ; ; Balance Left and Right ; ;

(1-2) [BFLY WALL] wait 2 meas ; ;

(3-4) [BFLY WALL] sd L, xRib rising on toe, rec L ; sd R, xLib rising on toe, rec R ;

5-8 Twirl Vine ; Thru Face Close ; Apart Point ; Together Touch to BFLY WALL ;

(5) [BFLY WALL] sd L, xRib, sd L (sd and fwd R turning 1/2 RF under jnd hds, sd and bk L turning 1/2 RF, sd R) to BFLY WALL ;

(6) [BFLY WALL] thru R twd LOD, fwd and sd L trng twd ptr to BFLY WALL, cl R ;

(7-8) [BFLY WALL] apt L, pt R twd ptr, - ; tog R, tch L to BFLY WALL, - ;

Part A

1-4 Waltz Away and Together ; ; Solo Turn in 6 to CP WALL ; ;

(1-2) [BFLY WALL] releasing lead hands and retaining trail hands and turning away from partner fwd L, sd and fwd R, cl L ; sd and fwd R turning to face partner, sd & fwd L, cl R to BFLY WALL ;

(3-4) [BFLY WALL] fwd L commence LF trn away from ptr, cont trn sd R, cl L to comp 3/4 trn (fwd R commence RF trn away frm ptr, cont trn sd L cl R to comp 3/4 trn) ; bk R commence LF trn, cont trn sd L, cl R (bk L commence RF trn, cont trn sd R, cl L) to CP WALL ;

5-8 Dip Center; Maneuver ; 2 Right Turns to BFLY WALL ; ;

(5-6) [CP WALL] bk L (W fwd R) with knee flexed leaving R fwd (W L bk) ; fwd R beg RF upr bdy trn, cont RF trn sd L, cl R (W bk L beg RF upr bdy trn, sd R, cl L) to CP RLOD ;

(7-8) [CP RLOD] bk L commence trn up to 1/4 RF, sd R continue RF trn up to 1/4, cl L ; fwd R commence trn up to 1/4 RF, sd L continue RF trn up to 1/4, cl R to BFLY WALL ;

9-12 Waltz Away ; Wrap the Lady ; Forward Waltz ; Roll the Lady Across to LOP LOD ;

(9) [BFLY WALL] releasing lead hands and retaining trail hands and turning away from partner fwd L, sd and fwd R, cl L to SLIGHT BACK TO BACK ;

(10) [SLIGHT BACK TO BACK] fwd R leading W to trn LF, fwd L (W cont LF trn), cl R to WRAPPED POS LOD ;

(11) [WRAPPED POS LOD] fwd L, fwd and slightly sd R, cl L ;

(12) [WRAPPED POS LOD] fwd R releasing trail hnds lead W to roll across in front of M twd COH, fwd L, cl R (fwd L rolling across in front of M, sd & bk R cont roll, cl L) to LOP LOD ;

13-16 Thru Twinkle ; Thru Face Close to CP COH ; Left Turning Box 1/2 to BFLY WALL ; ;

- (13) [LOP LOD] thru L twd LOD, sd R trn LF to OP RLOD, cl L ;
- (14) [OP RLOD] thru R twd RLOD, fwd and sd L trng twd ptr, cl R to CP COH ;
- (15-16) [CP COH] fwd L commencing 1/4 LF trn, complete trn sd R to fc RLOD, cl L ; bk R commencing 1/4 LF trn, complete trn sd L to WALL, cl R to BFLY WALL ;

Part B

1-4 Step Swing; Spin Maneuver ; Two Right Turns to CP WALL ; ;

- (1-2) [BFLY WALL] sd & fwd L to OP LOD, swing R thru, - (W sd & fwd R to OP LOD, swing L thru, ') ; fwd R trn RF in frnt of W, sd L, cl R to CP RLOD (W LF spin on L, R, L end fcg LOD) to CP RLOD ;
- (3-4) [CP RLOD] bk L commence trn up to 1/4 RF, sd R continue RF trn up to 1/4 , cl L ; fwd R commence trn up to 1/4 RF, sd L continue RF trn up to 1/4 , cl R to CP WALL ;

5-8 Hover ; Thru Chasse Twice to SCP LOD ; ; Pickup ;

- (5) [CP WALL] fwd L, fwd and slightly sd R rising to ball of foot, sd and slightly L to tight SCP LOD ;
- (6) [SCP LOD] thru R commence trn to fc, sd L/cl R, sd L to SCP LOD ;
- (7) [SCP LOD] thru R commence trn to fc, sd L/cl R, sd L to SCP LOD ;
- (8) [SCP LOD] thru R commence L trn leading W to CP, sd and fwd L comp trn, cl R (thru L commence LF trn to CP, sd and bk R comp trn cl L) to CP LOD ;

9-12 Forward Waltz ; Drift Apart ; Thru Twinkle Twice to CP LOD ; ;

- (9) [CP LOD] fwd L, fwd and slightly sd R, cl L ;
- (10) [CP LOD] sip R, L, R (W drift apt L, R, L) to LOP WALL ;
- (11-12) [LOP WALL] thru L twd WALL, sd R trn LF to OP COH, cl L ; thru R twd COH, sd L trn RF to CP LOD, cl R ;

13-16 Left Turning Box 1/2 to CP RLOD ; ; 2 Right Turns to BFLY WALL ; ;

- (13-14) [CP LOD] fwd L commencing 1/4 LF trn, complete trn sd R to fc COH, cl L ; bk R commencing 1/4 LF trn, complete trn sd L to WALL, cl R to CP RLOD ;
- (15-16) [CP RLOD] bk L commence trn up to 1/4 RF, sd R continue RF trn up to 1/4 , cl L ; fwd R commence trn up to 1/4 RF, sd L continue RF trn up to 1/4 , cl R to BFLY WALL ;

Interlude

1-4 Balance Left and Right ; ; Circle Away and Together to BOLERO WALL ; ;

- (1-2) [BFLY WALL] sd L, xRib rising on toe, rec L ; sd R, xLib rising on toe, rec R ;
- (3-4) [BFLY WALL] separating from ptr and moving away in a circular pattern fwd L, fwd R, cl L ; cont circular pattern twd ptr fwd R, fwd L, cl R to BOLERO WALL ;

5-8 Wheel to BFLY WALL ; ; Twirl Vine ; Thru Face Close to BFLY WALL ;

- (5-6) [BOLERO WALL] commence RF trn fwd L, fwd R, cl L ; fwd R, fwd L, cl R to BFLY WALL ;
- (7) [BFLY WALL] sd L , xRib, sd L (sd and fwd R turning 1/2 RF under jnd hnds, sd and bk L turning 1/2 RF, sd R) to BFLY WALL ;
- (8) [BFLY WALL] thru R twd LOD, fwd and sd L trng twd ptr, cl R to BFLY WALL ;

Ending

1-4 Balance Left and Right ; ; Circle Away and Together to BOLERO WALL ; ;

(1-2) [BFLY WALL] sd L, xRib rising on toe, rec L ; sd R, xLib rising on toe, rec R ;

(3-4) [BFLY WALL] separating from ptr and moving away in a circular pattern fwd L, fwd R, cl L ;
cont circular pattern twd ptr fwd R, fwd L, cl R to BOLERO WALL ;

5-8 Wheel to BFLY WALL (Hold) ; ; Twirl Vine ; Thru Face Close to CP WALL ;

(5-6) [BOLERO WALL] commence RF trn fwd L, fwd R, cl L ; fwd R, fwd L, cl R to BFLY WALL (hold as music pauses) ;

(7) [BFLY WALL] sd L, xRib, sd L (sd and fwd R turning 1/2 RF under jnd hnds, sd and bk L turning 1/2 RF, sd R) to BFLY WALL ;

(8) [BFLY WALL] thru R twd LOD, fwd and sd L trng twd ptr, cl R to CP WALL ;

9-10 Dip Center Twist Kiss ; Hold ;

(9-10) [CP WALL] bk L (W fwd R) with knee flexed leaving R fwd (W L bk) ; hold ;