

## BE CAREFUL IT'S MY HEART

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Music: Be Careful, It's My Heart by Eydie Gorme  
From the CD album Eydie Gorme The Best Songs  
Available from iTunes Music Downloads

Rhythm/Phase: Two-Step Phase III  
Music Speed: As downloaded  
Footwork: Directions for M.  
Sequence: Introduction A B C A Ending

Our special thanks to Stan and Deb S. for their contribution of this wonderful piece of Eydie Gorme music.

Note to dance leaders . . . The music opens up with a vocal that goes like this - -  
"Sweetheart of mine, I sent you a Valentine,  
Sweetheart of mine, it's more than a Valentine\*"

The dance tempo and Introduction music starts here\*. Part A of the dance starts with the vocal "Be careful, it's my heart."

### ..... INTRODUCTION (2 Measures) .....

OPN FCNG POS DLW W/ LEAD FEET FREE STEP APART & POINT; PKUP & TCH CP LOD;

[1] In opn fcng pos DLW with lead feet free step apart L, -, point R toward ptrn, -; [2] Fwd R picking up W clsd pos LOD, -, tch L to right, -;

### ..... PART A (16 Measures) .....

2 FWD 2-STEPS FC WALL;; 2 TRNG 2-STEPS;; STROLLING VINE;;; SOLO LT TRNG BOX  
BLND BFLY;;; 2 SD CLOSES; SIDE & THRU; 2 SD CLOSES; WALK & PKUP;

[1 & 2] Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R start slight rf turn to fc wall, -; [3 & 4] Sd L, cl R commence rf turn, sd & bk L across line of progression complete 1/2 rf turn, -; Sd R, cl L commence rf turn, fwd R complete 1/2 rf turn, -; [5 - 8] In clsd pos commence slight rf upper body turn sd L, -, with slight lf upper body turn XRIB of left, -; Continue turn sd L, continue turn cl R, continue turn sd L, -; Commence slight lf upper body turn sd R, -, with slight rf upper body turn XLIB of right, -; Continue turn sd R, continue turn cl L, continue turn sd R, -; [9 - 12] Beginning with ptrns fcng and no contact sd L, cl R, fwd L turn 1/4 lf [ptrns are rt shldr to rt shldr], -; Sd R, cl L, bk R turn 1/4 lf [ptrns are back to back], -; Sd L, cl R, fwd L turn 1/4 lf [ptrns are lt shldr to lt shldr], -; Sd R, cl L, bk R turn 1/4 lf [ptrns now fcng bfly pos], -; [13] Sd L, cl R, sd L, cl R; [14] Sd L, -, toward LOD step thru R, -; [15] Sd L, cl R, sd L, cl R; [16] Toward LOD fwd L, -, fwd R small step picking up W clsd pos LOD, -;

### ..... PART B (16 Measures) .....

2 FWD 2-STEPS;; PROGR SCIS CHKNG;; FISHTAIL; WALK & FC WALL; BROKEN BOX;;;  
IN CP SLIDE L & R; SD 2-STEP; IN CP SLIDE R & L; SD 2-STEP; 2 SD CLOSES;  
WALK & FC BFLY;

[1 & 2] Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -; [3 & 4] Sd L, with slight right body rotation cl R, fwd L crossing in front, -; Sd R, with slight left body rotation cl L, fwd R crossing in front to bjo pos and chkng forward motion, -; [5] In bjo pos XLIB of right but not tightly, as body commences to turn right take a small step sd R completing 1/4 rf body turn, fwd L with left shldr lead, XRIB of left but not tightly; [6] Fwd L, -, fwd R turning to fc ptrn & wall in clsd pos, -; [7 - 10] In clsd pos slide sd L, cl R, fwd L, -; Rk fwd R, -, rec bk L, -; Sd R, cl L, bk R, -; Rk bk L, -, rec fwd R, -; [11] In clsd pos slide sd L, -, slide sd R, -; [12] Sd L, cl R, sd L, -; [13] In clsd pos slide sd R, -, slide sd L, -; [14] Sd R, cl L, sd R, -; [15] Sd L, cl R, sd L, cl R; [16] Toward LOD fwd L, -, fwd R turning rf to fc ptrn bfly pos wall, -;

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## ..... PART C (16 Measures) .....

LACE UP BFLY;;; SUSIE Q;; TRVLNG DOOR TWICE;;; 2 SD CLOSES; WALK & PKUP;  
LEFT TURNING BOX;;;

[1 - 4] Passing bhnd W with lead hands joined moving diag across line of progression fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -; Passing bhnd W with trail hands joined moving diag across line of progression fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R turning rf to fc ptr & wall bfly pos, -; [5 & 6] Swiveling rf on right cross thru L, swiveling lf on left step sd R, swiveling rf on right cross thru L, flare R counter-clockwise; Swiveling lf on left cross thru R, swiveling rf on right step sd L, swiveling lf on left cross thru R, -; [7 - 10] Rk sd L, -, rec R, -; XLIF, sd R, XLIF, -; Rk sd R, -, rec L, -; XRIF, sd L, XRIF, -; [11] Sd L, cl R, sd L, cl R; [12] Toward LOD fwd L, -, fwd R small step picking up W clsd pos LOD, -; [13 - 16] Sd L, cl R, fwd L turn 1/4 lf, -; Sd R, cl L, bk R turn 1/4 lf, -; Sd L, cl R, fwd L turn 1/4 lf, -; Sd R, cl L, bk R turn 1/4 lf, -;

## ..... ENDING (6 Measures) .....

PROGR SCIS CHKNG;; WHALETAIL;; WALK & FC; STEP APART & POINT;

[1 & 2] Sd L, with slight right body rotation cl R, fwd L crossing in front, -; Sd R, with slight left body rotation cl L, fwd R crossing in front to bjo pos and chng forward motion, -; [3 & 4] In bjo pos XLIB of right but not tightly, as body commences to turn right take small step sd R completing 1/4 rf body turn, fwd L with left shldr lead, XRIB of left but not tightly; Sd L commence lf body turn, cl R completing 1/4 body turn left, XLIB of right commence rf body turn, sd R completing 1/4 body turn right; [5] Fwd L, -, fwd R turning to fc ptr & wall, -; [6] Step apart L, -, point R toward ptr, -;