

FLAME IN YOUR HEART

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RECORD: IM 825 Flame in your Heart Speed 44-45
FOOTWORK: Opposite thru out unless otherwise noted
SEQUENCE: INTRO A A B A C C B C A TAG
RHYTHM: PH II + 1 (ROCK THE BOAT)

INTRO

1-4 (BFLY) WAIT; WAIT; HITCH APT; SCISSORS THRU (SCP);
1-4 In bfly wait 2 meas. Bk L, cls, R to L, fwd L,-; sd R, cls L to R, thru R lod to scp,-;

PART A

1-8 (SCP) TWO FWD TWO STEPS;; HALF BOX; SCISS, THRU; CIRCLE AWAY TWO STEP; CIRCLE TOG TWO STEP (BFLY); TWO SD CLOSES; SD,-, THRU,- (SCP);
1-4 In scp fwd L, R, L,-; R, L, R,-; (fc wall) sd L, cls, R, fwd L,-; sd R, cls L to R, fwd thru R,-scp;
5-8 circle away from ptr LF fwd L, R, L,-; circle tog to bfly R, L, R,-; sd L, cls, R, sd L, cls R; sd L,-, fwd thru R,-; blend to scp & repeat ending in bfly and wall

PART B

1-8 (BFLY)VINE 3 TCH; WRAP BK 3 TCH; UNWRAP TO BFLY TCH; FRONT, SD FRONT,-;
1-4 Step sd L. XRIB of L, sd L, tch R; sd R, XLIB of R, sd & bk R to fc lod tch L retain hand holds raise Lead hands, lower trailing hands and lead W into LF wrap (W-sd L commence LF turn under joined hands, fwd R continue turn, bk L to fc lod, tch R); M release left hand hold retain right step almost in place L,R,L,- to face (W- turns RF R,L,R,-); bfly XRIF of L, sd L, XRIF of L,-;
5-8 (BFLY) VINE 3 TCH; WRAP BK 3 TCH; UNWRAP TO BFLY TCH; FRONT, SD, FRONT,-;
5-8 Repeat action of meas 1-4 of Part B blend to Scp;;;;;

PART C

1-8 (BFLY) RK SD, REC, CROSS,-; RK SD, REC, CROSS,-; BK APT THREE KICK; TOG THREE TCH TO BFLY; SAND STEP DOUBLE; SLOW ROCK THE BOAT;;
1-4 In bfly rk sd L, rec R, XLIF of R,-; rk sd R, rec L, XRIF of L,-; bk apt L, R, L, kick R; fwd R, L, R,- to bfly;
5-8 (sand step) Tch L toe to instep of Rt foot, tch L heel to instep of R foot, XLIF of R take -weight,-; tch R toe to instep of Left foot, tch R heel to instep of L foot, XRIF of left take weight blend to scp,-; Fwd L bend upper body fwd,-, cls R to L straighten body to upright,-; repeat action of meas 7 blend to bfly to repeat part C;

TAG

1-3 (BFLY) VINE 3 TCH; WRAP BK 3, HOLD; POINT SIDE,-,-,-;
1-3 repeat action of meas 1 and 2 PART B;; Pt sd L look L,-,-,-; (W- pt R look Rt)

(STYLING HINT FOR MORE FUN ON ROCK THE BOAT USE "TROMBONE" ACTION WITH JOINED LEAD HANDS 1ST RK THE BOAT PUSH OUT AND DOWN, LOOK AT HANDS, 2ND RK THE BOAT AS YOU STRIGHTEN UP PUSH OUT AND UP LOOK DRAW HANDS BACK TWD BODY AFTER EACH PUSH.)