

# Heart

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**Music:** "Heart" by Reba McEntire / Album: Oklahoma Girl ~ available as single download Napster.com

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**Rhythm:** Waltz **Phase:** IV

**Music Modification:** Slow to 44 rpm or (2.3%) of original tempo

**Sequence:** Intro AB AB A(1-12) End **Footwork:** Opposite for Woman unless otherwise noted

## INTRO ( 4 Measures)

### 1-4 CP FCING RLOD ~ WAIT; WAIT; SPIN TURN; 1/2 BOX BK SDCR;

- 1-2 (Wait; Wait;) CP fcg RLOD--lead feet free--wait 2 measures;;  
3 (Spin Trn) Bk L pivoting 1/2 RF, fwd R between Lady's ft heel to toe cont trn, rec sd & bk L to CP DLW  
(Lady fwd R between Man's feet heel to toe pivoting 1/2 RF, bk L cont trn, sd & fwd R);  
4 (1/2 Box Bk to PU Sdcr) Bk R, sd L, clo R blending to Sdcr;

## PART A (16 Measures)

### 1-5 X HVR BJO; X HVR SDCR; X HVR SCP; WEAVE TO BJO;;

- 1 (X Hvr Bjo) Cross L in front of R, sd R with a slight rise commence L trn, rec L complete trn to Bjo;  
2 (X Hvr Sdcr) Cross R in front of L, sd L with a slight rise commence R trn, rec R complete trn to Sdcr;  
3 (X Hvr SCP) Cross L in front of R, sd R with a slight rise commence L trn, rec L complete trn to SCP;  
4-5 (Weave Bjo) Fwd R diagonal LOD and COH, fwd L commence LF trn, continue turing sd & slightly bk R to to fc diagonal RLOD and COH;  
Bk L LOD leading lady to step outside to CBMP, bk R continue LF turn, sd & fwd L diagonal LOD and Wall to Bjo;  
(Fwd L diagonal LOD & COH commence LF turn, continue to turn sd & slightly bk R to fc diagonal RLOD & wall,  
continue to turn sd & fwd L LOD; Fwd R LOD outside partner to CBMP, fwd L LOD continue to turn,  
sd R diagonal LOD to Bjo;

### 6-8 MANU; OUTSIDE CHG SCP; PU;

- 6 (Manu) Fwd R commence RF upper body trn, continue R fc trn to fc ptr sd L, clo R;  
7 (Outside Chg SCP) Bk L, bk R trning LF, sd & fwd L to SCP; (Fwd R, fwd L trning LF, sd & fwd R to SCP);  
8 (PU) Thru R to SCP guiding ptr to PU LOD (Lady fwd L commence LF trn), sd L (Lady continue LF trn to fc ptr sd R), clo R to CP LOD;

### 9-12 FWD WALTZ; FWD WALTZ DRIFTING APT; STEP THRU & FLARE; PU DLC;

- 9 (Fwd Waltz) In CP fcg LOD--Fwd L, fwd R, clo L;  
10 (Fwd Waltz Drift Apt) Fwd R, fwd L, clo R drifting apt keeping Man's L & Lady's R hnds joined;  
11 (Step Thru & Flare) Thru L toward Wall, with softened L knee flare with R keeping toe toward the floor, -;  
12 (PU DLC) Thru R twd COH guiding ptr to PU DLC (Lady fwd L commence LF trn), sd L (Lady continue LF trn to fc ptr sd R), clo R to CP DLC;

### 13-16 TELEMRK SCP; THRU & CHASSE SEMI; PU DLW; CHG OF DIRECTION;

- 13 (Telemrk SCP) Fwd L commencing LF trn, sd R continuing LF trn, sd and slight fwd L to end in tight SCP DLW;  
(Bk R commencing to trn L bringing L beside R with no weight, trn L fc on R heel (heel trn) and chg weight to L,  
sd and slightly fwd R to end in tight SCP DLW;)  
14 (Thru & Chasse SCP) Thru R commence trn to fc, sd L/clo R, sd L to SCP;  
15 (PU DLW) Thru R to SCP guiding ptr to PU LOD (Lady fwd L commence LF trn), sd L (Lady continue LF trn to fc ptr sd R), clo R to CP DLW;  
16 (Chg of Direction) Fwd L diag line and wall, fwd R diag with R shldr leading and trn LF, draw L to R and brush;

## PART B (20 Measures)

### 1-4 DIAMOND TRN;;;:

- 1-4 (Diamond Trn) Fwd L trning LF on the diagonal, continuing LF trn sd R, bk L w/ ptr outside the man in CBMP;  
Staying in CBMP & trning LF bk R, sd L, fwd R outside ptr in CBMP; Fwd L trning LF on the diagonal, sd R, Bk L w/ ptr outside  
man in CBMP; Bk R continue LF trn, sd L, fwd R to end DLC;

### 5-8 TRN LT & CHASSE BJO; IMP SCP; IN & OUT RUNS;;

- 5 (Trn Lt & Chasse Bjo) Fwd L commence L fc upper body trn, sd R continue trn/clo L, sd R complete trn to Bjo;  
(Lady Bk R commence L fc upper body trn, sd L continue trn/clo R, sd L complete trn to Bjo);  
6 (Imp SCP) Bk L start RF trn, clo R to L with heel trn 3/8, fwd L to SCP;  
(Lady fwd R between Man's feet, fwd L heel to toe pivoting 1/2 RF, fwd R to SCP);  
7-8 (In & Out Runs) Fwd R commence RF trn, sd & bk L DLW to CP, bk R to CBMP; (Fwd L between man's ft, fwd R, fwd L;)  
Bk L commence RF trn, sd & fwd R between lady's feet cont RF trn, fwd L to SCP DLC;  
(Fwd R commence RF trn, fwd & sd L, fwd R to SCP DLC;)

