Heart

Choreographers: TJ & Bruce Chadd, 975 W Louisville Ct, Meridian, ID 83642 Phone: (208) 887-1271 email: TJChadd@gmail.com Music: "Heart" by Reba McEntire / Album: Oklahoma Girl ~ available as single download Napster.com Release Date: September 2010 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				
1-4		INTRO (4 Measures) <u>CP FCING RLOD ~ WAIT; WAIT; SPIN TURN; 1/2 BOX BK SDCR;</u>		
•••	1-2	(Wait; Wait;) CP fcg RLODlead feet freewait 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		<u>X HVR BJO; X HVR SDCR; X HVR SCP; WEAVE TO BJO;;</u>		
	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,		
6 9		sd R diagonal LOD to Bjo;		
6-8	6	MANU; OUTSIDE CHG SCP; PU; (Manu) Fwd R commence RF upper body trn, continue R fc trn to fc ptr sd L, clo R;		
	6 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	0	FWD WALTZ; FWD WALTZ DRIFTING APT; STEP THRU & FLARE; PU DLC;		
0.12	9	(Fwd Waltz) In CP fcg LODFwd 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 <u>TELEN</u>		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; Staving in CDMP & trning LF bk P, ad L, fud P, outside ptr in CDMP; Fud L, trning LF on the diagonal, ad P, Bk L w/ ptr outside		
		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;;		
5-0	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;		
	Ũ	(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 CMBP; (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;)		

"Heart" Continued				
PART B ~ CONTINUED				
9-12		<u>THRU HVR BJO; STEP BK & BK/LK BK; BK HVR SCP; NAT'L HVR FALLAWY</u>		
	9	(Thru Hvr Bjo) Fwd R, fwd L with a slight rise, rec R;		
		(Lady fwd L, fwd R with rise trning L fc brushing free ft to supporting ft to fc RLOD, rec L;)		
	10	(Step Bk & Bk Lk Bk) In bjo pos bk L, bk R/lock L in front of R, bk R; (Lady fwd R, fwd L/lock R in bk of L, fwd L;)		
	11	(Bk Hvr SCP) Bk L, Bk R with rise, rec L; (Lady fwd R, Fwd L with rise trning R fc brushing free ft to supporting ft to SCP, Fwd R;)		
	12	(Nat'l Hvr Fallawy) Fwd R w/ slight RF body trn, fwd L on toe trning RF w/ slo rise, rec R; (Fwd L, fwd R on toe trning RF w/ slow rise, rec L;)		
13-16		<u>SLIP PVT; MANU; SPIN TRN; BOX FIN;</u>		
	13	(Slip Pvt) Bk L, bk R commence LF trn [keep L leg extended], fwd L to Bjo;		
		(Bk R commence LF trn pvt on ball of foot [thighs locked and L leg extended],		
		fwd L completing LF trn placing L foot near man's R foot, bk R to Bjo;)		
	14	(Manu) Fwd R commence RF upper body trn, continue R fc trn to fc ptr sd L, clo R CP RLOD;		
	15	(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);		
	16	(Box Fin) Bk R trning LF, sd L, clo R face DLC (Lady fwd L trning LF, sd R, clo L)		
17-20		<u>2 LT TRNS CPW;; 1/2 BOX FWD; BK TRN LT 1/4 TO PU SDCR;</u>		
	17-18	(2 Lt Trns) Fwd L commence up to 1/4 LF trn, continue turn sd R diag across line of progression turning up to 1/4 L, clo L;		
		Bk R commence up to 1/4 LF trn, continue trn sd L toward line of progression turning up to 1/4 LF, clo R;		
	19	(1/2 Box Fwd) (CPW) Fwd L, sd R, clo L;		
	20	(Bk Trn Lt 1/4 to PU Sdcr) Bk R commencing LF trn, sd L, clo R blending to Sdcr;		
		REPEAT PART A (16 Measures)		
		REPEAT PART B (20 Measures)		
		REPEAT PART A (Measures (1-12)		
		END (1 Measure)		
1		LUNGE TO THE SIDE & SHAPE;.		
	1	(Lunge to the Side & Shape) Two COU lunge L with soft knoe and B log straight shape towards ptr		

1 (Lunge to the Side & Shape) Twd COH lunge L with soft knee and R leg straight ~ shape towards ptr.