

IL CUORE E UNA ZINGANO

Music: Nada
www.amazon.com/Live Stazione Birra
Track # 8 Time 3:52
Available from choreographer

Rhythm: Slow Two Step

Phase: IV+2 (Triple Traveler+Horseshoe Trn) +2U (Trav Right Trn + The Square)

Footwork: Opposite except where (Noted)

Release Date: Augst 16

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Sequence: INTRO AB C AB B B(01-04) END



INTRO

01-05 LOOSE CP WALL LEAD FOOT FREE WAIT 3 MEASURES ; ; ; FULL BASIC ; ;

{Wait} In Loose CP WALL Id ft free wt 3 meas ; ; ; {Full Basic} Sd L, -, XRib (W XLib), rec L ; Sd R, -, XLib (W XRib), rec R ;

PART A

01-04 NEW YORKER ; BACK BREAK to ½ OP LOD ; SWITCHES ; ;

{New Yorker} Sd L, -, releasg Id hnds & trng to OP LOD fwd R, bk L trng to ptr & BFLY WALL ; {Bk Break to ½ OP LOD} Releasg Id hnds Sd R, -, trng to OP LOD bk L, rec R to ½ OP LOD ; {Switches} Sd L Xg in frt of W to L-½-OP, -, fwd R, fwd L (W fwd R, -, fwd L, fwd R com to fold in frt of M) ; Fwd R, -, fwd L, fwd R com to fold in frt of W (W sd L Xg in frt of M to ½-OP, -, fwd R, sm fwd L) to ½ OP LOD ;

05-08 DBL HANDHOLD UNDERARM TURN to STACKED HANDS ; OPEN BREAK to FACE ;

CHANGE SIDES/W UNDERARM ; BASIC ENDING to Picking Up ;

{DBL Hndhld Underarm Turn to Stacked Hands} Sd L, -, XRib lead ptr under dbl hd hold, rec fwd L stacked Lft over Rt hnds (W fwd R, -, fwd L rf trn under dbl hd hold, fwd R stacked hands L over R fc ptr) ; {Open Break to Fc} With stacked hnds Sd R, -, apt L, rec R to fc r-shoulder of W ; {Change Sides/W UArm Turn} Fwd L WALL chg sds lead W trn under stacked hds, -, sd R, XLif dbl hd hold fc COH (W fwd R COH LF trn under stacked hds chg sds, -, sd L, XRIF fc WALL) to BFLY COH ; {Basic Ending to P/U} Sd R, -, XLib, rec R to Picking Up ;

09-12 LEFT TURN / W INSIDE ROLL ; LUNGE BASIC TWICE ; ; REVERSE UNDERARM TURN to Maneuver ;

{Left Trn w/ Insd Roll} P/U Fwd L comm LF trn raisg jnd Id hnds to Id W's LF trn, -, sd R compg ¼ LF trn, XLif (W bk R comm LF trn, -, sd L trng LF undr Id hnds, contg LF trn sd R) BFLY WALL ; {Lunge Basic x 2} Sd L extg lead arm sd, -, rec R, XLif (W XRif) ; Sd R extg trail arm sd, -, rec L, XRif (W XLif) to BFLY WALL ; {Reverse Undrm Turn to Maneuver} Relg trl hnds sd R raisg jnd Id hnds palm-to-palm, -, XLif, rec R stg to fold RF in frt of W (W sd L com LF trn undr jnd Id hnds, -, XRif cont LF trn ½, rec L compg full trn) to BFLY WALL ;

13-16 TRAVELING RIGHT TURN w/ OUTSIDE ROLL ; ; HIP ROCK ; BASIC ENDING to Picking Up ;

{Traveling Right Turn w/ Outsd Roll} Trng RF Xg in frt of W sd & bk L to fc RLOD, -, XRib, twist trn RF 5/8 on both ft to fc DLW, fwd L to LOD (W fwd R btw M's ft com RF trn, -, contg RF trn fwd L twd WALL, contg trn fwd R twd RLOD) to BJO DLW ; Fwd R cont RF trn to fc WALL raising jnd Id hnds, -, sd L, XRif (W sd & bk L com RF trn undr jnd Id hnds, -, cont trn RF sd & fwd R, sd L) end in LOP M fcg WALL ; {Hip Rock} Sd L, -, hip rk R, hip rk L ; {Basic Ending to P/U} Repeat meas 8 Part A ;

PART B

01-04 TRIPLE TRAVELER ; ; ; BASIC ENDING ;

{Triple Traveler} [To LOD] Fwd L comm LF trn raisg jnd Id hnds to Id W's LF trn, -, sd R compg ¼ LF trn, XLif (W bk R comm LF trn, -, sd L trng LF undr Id hnds, contg LF trn sd R) to LOD ; Fwd R spiral LF undr jnd hnds, - fwd L, fwd R (W fwd L, -, fwd R, fwd L) ; Fwd L bring jnd hnds dwn & bk in cont circ motion to Id W into RF trn, -, fwd & sd R to fc ptr, XLif (W fwd R comm roll RF under jnd lead hnds, -, bk L cont roll, fwd R comp Roll to fc ptr) ; {Basic Ending} Sd R, -, XLib, rec R to BFLY WALL ;

05-08 ALTERNATING UNDERARM TURNS W – M – W ; ; ; START HORSESHOE TURN ;

{Alternating Underarm Turns W – M – W} Sd L raisg jnd ld hnds palm-to-palm, -, XRib, rec L (*W sd R com RF trn undr jnd ld hnds, -, XLif cont RF trn ½, rec R compg full trn to fc ptr*) ; [join trailing hnds] Sd R comm RF trn undr jnd trail hnds, -, XLif cont RF trn ½, rec R compg full trn to fc ptr (*W sd L raisg jnd trail hnds palm-to-palm, -, XRib, recl L*) ; [join lead hnds] Repeat meas 5 Part A to BFLY COH ; **{Start Horseshoe Trn}** Relg trl hnds Sd & fwd R to LOD, -, cont trn thru L to V position LOD, rec R to V pos & raise ld hnds ; LF ½ circ fwd L, -, R, L (*W RF ½ circ undr jnd hnds fwd R, -, L, R*) BFLY WALL ;

09-12 FINISH HORSESHOE TURN ; SPOT TURN ; FULL BASIC Picking Up to LOW BFLY ;

{Finish Horse Shoe Trn} LF ½ circ fwd L, -, R, L (*W RF ½ circ undr jnd hnds fwd R, -, L, R*) BFLY WALL ; **{Spot Turn}** Sd R, -, release hnds thru L trn ¾ RF, fwd R cont trn to fc ptr to BFLY WALL ; **{Full Basic}** Repeat meas 4,5 Intro to LOW BFLY ; ;

13-16 TRAVELING CROSS CHASSE TWICE to FACE ; ; OP BASICS [2^{de} & 3th TIME: to Picking Up] ; ;

{Traveling Cross Chasse x 2 to Fc} Fwd L to LOD, -, w/R shldr ld sd & fwd R twd DLC, cl L ; Fwd R to LOD, -, w/L shldr ld sd & fwd L twd WALL, cl R to BFLY WALL ; [the 2^{de} Traveling Chasse has a bigger turn than the first] **{OP Basics}** Sd L trng to ½ LOP RLOD, -, XRib (*W XLib*), rec L trng to fc ; Sd R trng to ½ OP LOD, -, XLib (*W XRib*), rec R ½ OP LOD [2^{de} & 3th TIME: to Picking Up];

PART C

01-04 THE SQUARE ; ; ; ;

{The Square} [Like a switch] M Xif of W sd L, -, trng RF to step sd R twd COH in L ½ OP, XLif (*W fwd R, -, sd L twd COH, XRif starting to Xif of M*) ; Fwd R, -, sd L twd RLOD, XRif starting to Xif of W (*W [like a switch] Xif of M sd L, -, trng RF to step sd R twd RLOD in ½ OP, XLif*) ; [Like a switch] M Xif of W sd L, -, trng RF to step sd R twd WALL in L ½ OP, XLif (*W fwd R, -, sd L twd WALL, XRif starting to Xif of M*) ; Fwd R, -, sd L twd LOD, XRif (*W [like a switch] Xif of M sd L, -, trng RF to step sd R twd LOD in ½ OP, XLif*) to ½ OP LOD ;

ENDING

01-04 UNDERARM TURN INTO A LARIAT 3 to RLOD ; ; OUTSIDE ROLL ; LUNGE SIDE & HOLD ;

{Underarm Turn Into a Lariat 3 to RLOD} Sd L raisg jnd ld hnds at end of step, -, XRib, rec L (*W sd R startg ¾ RF trn, -, cont trn undr jnd lead hnds XLif, fwd R to M's R sd*) ; sip R, -, L, R trng ¼ LF to RLOD (*W fwd L, -, R, L arnd M to his L sd*) ; **{Outsd Roll}** fwd L comm LF trn, -, sd R cont trn to fc WALL, XLif (*W fwd R com RF trn undr jnd hnds, -, cont RF trn L, R*) to BFLY WALL ; **{Lunge Sd & Hold}** Sd R twd RLOD with bent knee, -, hold, -;