

IL MIO CUORE VA

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Record : "Il Mio Cuore Va" CD: SARAH BRIGHTMAN "DIVA" track 15
Rhythm : RUMBA (ph IV+1) Speed: As on CD
Footwork : Opposite, directions for man(lady as noted) Date : Jan 2013 Ver.1.1
Sequence : Intro - A - B - A - B - Inter - C - Ending



Meas

INTRO

1~ 8 Tandem/Wall left foot free for both Wait 2 meas;;
Sd Lunge w/Arm Sweep; Rec(W Roll Out) to OP; X Chasse;
X Ck & Hold; W Sync Roll Bk; (Bfly/Wall)Hip Rk 2S;

- 1- 2 Tandem position fc Wall left foot free for both wait 2 meas;;
3 (Sd Lunge w/Arm Sweep) Sd L flex left knee extend arms to the sd,-, slightly LF
Body trn right arm over W's right arm,-;
Q--- 4 (W Roll Out to OP) Rec sd R lead W RF roll,-,-, (W rec R commence RF roll, cont RF
(QQS) Roll sd L, cont roll fc wall sd R)OP/Wall,-;
QQ&S 5 (X Chasse) Same foot work XLIF of R, sd R/cl L, sd R,-;
Q--- 6 (X Ck & Hold) XLIF of R, extend lead arm,-,-;
QQS 7 (W Sync Roll Bk) Rec R, sd L, cl R to L(W rec R commence LF Roll, contr LF roll fwd
(QQ&S) L twd LOD/sd & bk R, sd & fwd L cont roll fc partner & COH),-;
SS 8 (Hip Rk 2S) Blend Bfly sd L,-, rec R,-;

Meas

PART A

1~ 8 OP Hip Twist; Fan; Hockey Stick w/Caress;; Alemana;;
1/2 Lariat M Swivel Fc; Fence Line w/Arm;

- 1 (OP Hip Twist) Fwd L, rec R, cl L to R(W bk R, rec L, fwd R swivel 1/4 RF on R
fc LOD),-;
2 (Fan) Bk R, rec L, sd R(W fwd L commence LF trn, sd & bk R cont LF trn fc RLOD,
bk L),-;
3- 4 (Hocky Stick) Fwd L, rec R, cl L,-(W cl R, fwd L, fwd R, left hand touch M's right
cheek); Bk R slightly RF trn, rec L, fwd R(W fwd L twd RDW, fwd R LF trn under lead
hand fc partner, bk L,-)end fc partner and RDW;
5- 6 (Alemana) Fwd L, rec R, cl L(W bk R, rec L, sd R),-;
Bk R, rec L, sd R(W RF trn under lead hand fwd L, cont RF trn fwd R, sd L),-;
7 (Lariat 3 M Swivel fc COH) Sd L, rec R, cl L swivel LF on L fc COH(W circle man
CW with joined lead hands fwd R, fwd L, fwd R fc partner),-;
8 (Fence Line w/Arm) XRIF of L ck trail hand arm circle CCW(W CW), rec L, sd R,-;

9~16 New Yorker; Underarm Trn; Break Bk to 1/2 OP; M Roll Across;
Sync Cuddle Pivot fc Wall; Hip Rk 2S; Corte w/ Leg Crawl;
Hockey Stick Ending;

- 9 (New Yorker) LOP/LOD Ck thru L, rec R fc partner, sd L,-;
10 (Underarm Trn) Bk R, rec L, sd R(W XLIF commence RF turn under lead hand, cont
RF trn rec R, sd L),-;
11 (Break Bk to 1/2 OP) Swivel LF on R bk L 1/2 OP fc RLOD, rec R, fwd L,-;
12 (M Roll Across) Fwd R in front woman commence RF trn, sd L cont RF trn fc RLOD
left 1/2 OP, fwd R(W fwd L, fwd R, fwd L),-;
QQ&S 13 (Sync Cuddle Pivot) Fwd L lead W pickup blend cuddle position, fwd R commence RF
pivot/cont pivot sd & bk L, sd R fc Wall(W fwd R in front man 1/2 RF trn, bk L
cont RF pivot/cont pivot fwd R, sd L fc COH),-;
SS 14 (Hip Rk 2S) Still cuddle positiony sd L,-, rec R,-;
S- 15 (Corte w/Leg Crawl) Sd & bk L flex L knee blend cuddle position,-(W sd & fwd R, left
leg up along man's outer thigh with toe pointed to floor),-;
QQS 16 (Hocky Stick Ending) Bk R, rec L, fwd R(W swivel LF on R fwd L twd Wall, fwd R
1/2 LF swivel on R, bk L),-;

Meas

PART B

1~ 8 Alemana;; Lariat;; Rev Underarm Trn; Aida; Rk 3 to Fc; Spot Trn;

- 1- 2 (Alemana) Lead hand joined fwd L, rec R, cl L to R,-;
Bk R, rec L, cl R(W RF trn under lead hand fwd L, cont RF trn fwd R, sd & fwd L twd M's right sd),-;
- 3- 4 (Lariat) Sd L, rec R, cl L to R(W circle man CW with joined lead hands fwd R, fwd L, fwd R),-; Sd R, rec L, cl R to L(W cont circle man CW with joined lead hands fwd L, fwd R, fwd L end fc partner)Bfly/wall,-;
- 5 (Rev Underarm Trn) XLIF of R, rec R, sd L(W XRIF of L under joined lead hands commence LF trn, rec L cont LF trn to fc partner, sd R),-;
- 6 (Aida) Thru R, sd L commence RF trn fc RLOD, bk R(W thru L, sd R commence LF trn, bk L),-;
- 7 (Rk 3 & Fc) Fwd L, rec R, Fwd L swivel LF on L fc partner,-;
- 8 (Spot Trn) XRIF of L commence LF trn, cont LF trn rec L fc partner & Wall, sd R,-;

9~17 New Yorker in 4; New Yorker; Thru Serpiente;; Fence Line; (handshake)Alemana; W Overtrn Vars; Bk Ck W Develope; W Out to Fc;

- QQQQ 9 (New Yorker in 4) LOP/RLOD Ck thru L, rec R fc partner, sd L, rec R;
- 10 (New Yorker) LOP/RLOD Ck thru L, rec R fc partner, sd L,-;
- 11-12 (Serpiente) Thru R, sd L, XRIB of L, fan CCW L on R; XLIB of R, sd R, thru L, fan CCW R on L;
- 13 (Fence Line) XRIF of L ck, rec L, sd R,-;
- 14-15 (Alemana W Overtrn Vars) Right hands joined fwd L, rec R, cl L,-;
Bk R, rec L, cl R,-(W RF trn under lead hand fwd L, cont RF trn fwd R, sd and fwd L twd M's right sd, swivel RF on L)Vars fc Wall;
- 1-- 16 (Bk Ck W Develop) Ck bk L,-,-(W ck bk R, L knee lift, kick L foot extend),-;
- 17 (W Out to Fc) Rec R, fwd L, fwd R(W fwd L commence LF trn, cont LF trn sd & bk R, bk L),-;

Meas

INTERLUDE

1~ 7 Basic to Wrap(M Tch); Sd Lunge w/Arm Sweep; Rec(W Roll Out) to OP; X Chasse; X Ck & Hold; W Sync Roll Bk; (Bfly/Wall)Hip Rk 2S;

- QQ- (QGS) 1 (Basic to Wrap M Tch) Blend Bfly fwd L, rec R lead W LF trn under lead hands, tch L to R(W bk R, rec L commence LF trn under lead hands, fwd R cont LF trn) wrapped position fc Wall,-;
- 2- 7 Repeat meas 3-8 of Introduction;;;;;

Meas

PART C

1~ 8 New Yorker w/Spin; Serpiente Opning Up;; Thru to Aida; Rk 3 to Fc; Spot Trn; OP Hip Twist W Overtrn in 4 Tandem; Cucaracha R;

- QQQ&Q 1 (New Yorker w/Spin) LOP/RLOD Ck thru L, rec R fc partner, sd & fwd L commence LF spin/ cont spin R,L fc partner & Wall;
- 2- 3 (Serpiente Opning Up) Thru R, sd L, XRIB of L, fan CCW L on R OP/LOD; Bk L, sd R fc partner, thru L, fan CCW R on L;
- 4 (Aida) Thru R, sd L commence RF trn fc RLOD, bk R(W thru L, sd R commence LF trn, bk L),-;
- 5 (Rk 3 & Fc) Fwd L, rec R, Fwd L swivel LF on L fc partner,-;
- 6 (Spot Trn) XRIF of L commence LF trn, cont LF trn rec L fc partner and Wall, sd R,-;
- QQS (QQQ&Q) 7 (OP Hip Twist W Overtrn in 4) Fwd L, rec R, cl L to R,-(W bk R, rec L, fwd R swivel 1/2 RF on R fc Wall, cl L to R)Tandem/Wall;
- 8 (Cucaracha R) Same foot work sd R, rec L, cl R to L,-;

**9~16 Arm Explosion;; Solo Fence Line; Solo Aida; Sync Roll to RLOD;
Solo Fence Line; Shadow Crab Walks;;**

- 9-10 (Arm Explosion) Arms straight up and out to the sd and down;;
11 (Solo Fence Line) Same footwork XLIF of R, rec R, sd L,-;
12 (Solo Aida) Thru R, sd L commence RF trn fc RLOD, bk R,-;
QQ&S 13 (Sync Roll) Fwd L twd RLOD commence LF roll, cont LF roll R/L, sd R both fc Wall,-;
14 (Solo Fence Line) Still same footwork XLIF of R, rec R, sd L,-;
15-16 (Shadow Crab Walks) Blend shadow position XRIF of L, sd L, XRIF of L,-; Sd L, XRIF
of L, sd L,-;

Meas

ENDING

**1~10 Fan(W Trans); Start Alemana; (Bfly)Crab Walks;; Fence Line;
Rev Underarm Trn to Wrap(M Tch); Hip Rk 3; W Roll Out to OP;
X Ck & Hold; W Sync Roll Bk to Wrap & Lunge; Caress & Hold**

- QQS 1 (Fan W Trans) Ck XRIF of L, rec L, sd R(W XRIF of L, sd & fwd L twd LOD commence LF
(QQ&S) trn/sd R, cont trn fc LOD bk L),-;
2 (Start Alemana) Fwd L, rec R, sd L(W cl R, fwd L, fwd R 1/2 RF swivel on R fc partner),-;
3- 4 (Crab Walks) Blend Bfly XRIF of L, sd L, XRIF of L,-; Sd L, XRIF of L, sd, L,-;
5 (Fence Line) XRIF of L ck, rec L, sd R,-;
6 (Rev Underarm Trn to Wrap M Tch) XLIF of R, rec R, tch L to R(W XRIF of L under joined
lead hands commence LF trn, rec L fc Wall, sd R)Wrapped position,-;
7 (Hip Rk 3) Sd L, rec R, sd L,-;
Q--- 8 (W Roll Out to OP) Rec sd R lead W RF roll,-,-, (W rec R commence RF roll, cont RF
(QQS) Roll sd L, cont roll fc wall sd R)OP/Wall,-;
Q--- 9 (X Ck & Hold) XLIF of R, extend lead arm,-,-;
QQ&S 10 (W Sync Roll Bk to Wrap & Lunge) Rec R, sd L/cl R to L, sd L flex knee(W rec R commence
LF Roll, conr LF roll fwd L twd LOD/sd & bk R cont roll fc Wall, wrapped position
sd L flex knee),-;
+ (Caress & Hold) M hold(W look partner right hand tch M's left cheek