

LASS MEIN HERTZ NICHT WEINEN (DON'T LET MY HEART CRY)

Music: Imca Marina

www.amazon.co.uk/Lass-Mein-Hertz-Nicht-Weinen/dp/B017NZ9HPI

Time 2:41 Available from choreographer

Rhythm: Bolero Phase: V+2U (Checked R-Pass+Full Moon)

Footwork: Opposite except where (Noted)

Release Date: Dec 21

Choreo: Jos Dierickx Beverlosestwg 14/B2 3583 Paal Belgium

Email: jos.dierickx@telenet.be

SEQUENCE: INTRO AB A A(9-16) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; CUCARACHA TWICE/W SWIVEL to VARSOUVIENNE WALL ; ;
{Wait} BFLY Pos Wall ld ft free wt 2 meas ; ; {Cucaracha x 2/W Swiv to Vars Wall} Rk sd L w/ partial wgt [xtnd ld arm sd ways], -, rec R, cl L ; Rk sd R w/ partial wgt [raisg trl hnds], -, rec L, cl R (W rk sd L, -, rec R swiv RF under ld hnds, cl L) to VARS WALL ;

PART A

01-04 FULL MOON (Species) ; ; ; ;

{Full Moon} Fwd L, -, rec R [relg lft hnds], sd & bk L trng ¼ LF to LOD (W fwd R, -, rec L, small sd R swivg ½ RF to COH) ; [w/ rt hndshk] Bk R, -, rec L trng ¼ LF to COH, sd R (W fwd L, -, fwd R comm trng LF, fwd L cont LF trn) to VARS COH ; Repeat meas 1,2 Part A to VARS WALL ; ;

05-08 OP HIP TWIST to FAN ; ; EXIT to FACE ; NEW YORKER ;

{OP Hip Twist to Fan} Fwd L, -, rec R relsg lft hnds, cl L (W fwd R, -, rec L, small fwd R swiv 3/4 RF to fcg LOD) ; Bk R, -, rec L, sd R (W fwd L, -, fwd R trng ½ LF, bk L) to Fan Pos ; {Exit to Fc} Fwd L, -, rec R, cl L (W cl R, -, fwd L, fwd R trng RF to fc ptr), - ; {New Yorker} Sd R, -, trn RF to LOP fc RLOD fwd L, rec R to BFLY WALL ;

09-12 DBL HAND HOLD OPENING OUT TWICE ; ; FENCE LINE w/ ARMSWEEP TWICE ; ;

{DBL Hnd Opening Out x 2} Cl L body rise and body rotate LF, -, lower on L and xtnd R ft to sd, rise on L body rotate in Bfly (W sd & bk R body rise and body rotate LF match ptr, -, XLib lowerg, fwd R in Bfly) ; Cl R body rise and body rotate RF, -, lower on R and xtnd L ft to sd, rise on R body rotate in Bfly (W sd & bk L body rise and body rotate RF match ptr, -, XRib lowerg, fwd L in Bfly) to BFLY WALL ; {Fence Line w/ Armsweep x 2} Sd L body rise, -, XRif bent knee ld arm circle CCW (W CW) ifo body, rec bk L ; Sd R body rise, -, XLif bent knee lft arm circle CW (CCW) ifo body, rec bk R to BFLY WALL ;

13-16 LEFT PASS ; SIDE LUNGE & ONE RIFF TURN ; RIGHT PASS ; LUNGE BREAK ;

{Left Pass} Fwd L w/ rise to SCAR DLW lead W trn RF to shape body LOD, -, slip bk R flex knee, fwd L trn LF to fc COH (W fwd R trn ¼ RF back to M, -, sd & fwd L flex knee strong trn LF, bk R cont trn to fc ptr) to BFLY COH ; {Sd Lunge & One Riff Trn} Sd lunge R, -, raisg ld hnds sd L leadg W to spin RF, cl R (W sd Lunge L, -, rec R spinning RF 1 full trn, cl L) ; {Right Pass} Fwd & sd L rise comm trn RF raise ld hnds to create window, -, XRib cont trn, fwd L (W fwd R rise, -, fwd L comm trn LF under jnd ld hnds, cont trn bk R) to BFLY WALL ; {Lunge Break} Sd & bk R to LOP FCG, -, slidg L ft sd & bk w/ no wgt lowr on R w/ slight RF bdy trn, rise on R (W sd & bk L, -, bk R w/ sitting action, rec L) to BFLY WALL ;

PART B

01-04 UNDERARM TURN ; HORSESHOE TURN ; ; HIP LIFT ;

{Underarm Trn} Sd L, -, relg trl hnds & raisg ld hnds sm bk R, rec L (W sd & fwd R, -, trng RF undr jnd ld hnds XLif, comp full RF trn fwd R to fc ptr) to Bfly WALL ; {Horseshoe Trn} Sd & fwd R trng RF to V pos RLOD, -, thru L to RLOD, lk Rib to V pos & raise ld hnds ; Circ LF fwd L, -, R, L (W circ RF ½ undr jnd ld hnds fwd R, -, L, R) to BFLY COH ; {Hip Lift} Sd R bring L ft to R, -, w/ slight preasure on L lift L hip, lower hip to loose cl pos COH ;

05-08 CHECKED RIGHT PASS /M SWIVEL to FORWARD BREAK ; ; TURNING BASIC ; BACK BREAK to ½ OP LOD ;

{Checked Right Pass} Fwd & sd L comm RF trn raise ld hnds to create window, -, XRib cont RF trn, sd L (W fwd R, -, XLif, sd & bk R) mod wrap both fc COH ; {M Swivel to Fwd Break} Fwd R swiv RF on R body rise, -, fwd L w/ contra ck like action, rec bk R ; {Trng Basic} Sd L w/slight RF body rotation, -, bk R trng ¼ LF w/ slip pivot action, sd and fwd L trng ¼ LF to BFLY WALL ; {Bk Break to ½ OP} Sd & bk R body rise, -, bk L blend ½ OP fcg LOD, rec fwd R to ½ OP LOD ;

09-12 M ROLL ACROSS ; W ROLL ACROSS ; AIDA PREPARATION ; AIDA LINE SWITCH & RECOVER ;

{M Roll Across} Fwd L rise, -, fwd R twd DLW across W comm trn LF, bk L cont trn to fc LOD (*W fwd R rise, -, fwd L, R*) end ½ LOP LOD ; **{W Roll Across}** Fwd R rise, -, fwd L, R (*W fwd L rise, -, fwd R twd DLW across M comm trn LF, bk L cont trn to fc LOD*) end ½ OP LOD ; **{Aida Prep}** Fwd L to LOD, -, thru R, sd L trng RF to fc ptr ; **{Aida Line Switch & Rec}** Trng RF (*W LF*) Bk R to V BK-TO-BK RLOD free hnds up & out, -, swiv LF (*W RF*) on R sd L to fc ptr, rec R ;

13-16 NEW YORKER ; REVERSE UNDERARM TURN ; LUNGE SIDE & ROLL to RLOD ;

CUCARACHA RIGHT/ W SWIVEL to VARS WALL ;

{New Yorker} Sd L, -, trng to OP LOD fwd R, bk L to BFLY WALL ; **{Reverse Underarm Trn}** Sd R raig ld hnds, -, Xlif, bk R (*W sd L com LF trn undr jnd ld hnds, -, XRif contg ½ LF trn, fwd L compg trn to fc ptr*) to BFLY WALL ; **{Lunge Sd & Roll to RLOD}** Lunge sd L extend ld arms LOD, -, start trn RF to RLOD sd & fwd R, bk L cont RF trn to BFLY WALL ; **{Cucaracha Right/W Swiv to Vars WALL}** Repeat meas 4 Intro ;

ENDING

01-02 AIDA PREPARATION ; AIDA LINE SWITCH LUNGE & EXTEND ARMS to SIDE HOLD ;

{Aida Prep} Relsg trl hnds Sd L trng LF to slight V pos LOD, -, thru R, trng RF sd L to BFLY WALL ; **{Aida Line Switch Lunge & Extend Arms to Sd & Hold}** Trng RF (*W LF*) Bk R to V BK-TO-BK RLOD free hnds up & out, -, swiv LF (*W RF*) on R sd L to fc ptr w/ bend knee, xtnd arms to sd Hold ;