

MY HEART WILL GO ON V

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RECORD: Amazon MP3 Download Celine Dion “My Essential Love Collection” Track 10
“My Heart Will Go On” **SPEED:** Same as MP3 **TIME:** 4:40

FOOTWORK: Opposite, directions to man except as noted (W’s in parentheses)

RHYTHM: Bolero Phase V

DIFFICULTY: Ave

TIMING: {S,Q,Q} Unless noted otherwise

RELEASED: May 2014, Rev 2

SEQUENCE: INTRO, A, B, Interlude 1, A, B, Interlude 2, C, END

INTRO

1-8 WAIT; CUDDLES x2;;HIP RK 2 SLO; PREP AIDA; AIDA LN w HIP RKs; SWITCH RK; HIP LIFT;

- 1 {*CUDDLE pos & WALL, lead ft free, wait one measure*} Wait;
- 2-3 {*Cuddle 2x*} Sd L, leading W to open out,-,Sd R, cl L (Sd R starting ½ LF trn, -, bk L fing LF trn, Rec R trng RF to fc ptr); Sd R leading W to open out, -, Sd L, cl R (Sd L starting ½ RF trn, -, bk R fing RF trn, Rec L trng LF to fc ptr);
- {S,S} 4 {*Hip Rk 2 Slo*} In CUDDLE pos, rk sd L,-, rk sd R,[to lo BFLY], -, [as wt chgs roll hips to wtd ft];
- 5 {*Prep Aida*} [to LOD] Sd L op out slightly, -, thru R comm RF trn (W trn LF) jn trail hnds, sd L cont RF trn to OP/RLOD;
- 6 {*Aida Ln w Hip Rks*} Bk R to “V” bk to bk pos,-, rk fwd L, rec R [rolling hips to wtd ft];
- 7 {*Switch Rk*} Sd & bk L trn LF to fc ptr bring jnd trail hnds thru, -, rec R, cl L;
- 8 {*Hip Lift*} Sd R to CP, -, tch L to R w slight pressure on L ft lift L hip, lower L hip no wgt chg;

PART A

1-4 BASIC;; TRNG BASIC [M fc COH];;

- 1-2 {*Basic*} Sd L, -, bk R, fwd L; Sd R, -, fwd L, bk R;
- 3-4 {*Trng Basic*} Sd L slight RF trn,-, trn LF slip pvt action bk R, sd & fwd L trn LF to fc COH (W Sd R,-, fwd L trn LF ¼ w slip pvt action, sd & bk R trn LF ¼); Sd R, -, slight LF body trn fwd L w contra ck action, rec R (W sd L,-, bk R w contra ck like action, fwd L);

5-8 ½ BASIC; REV UNDRM TRN [wrp W to fc RLOD]; BL WLK 6 [both fc COH];;

- 5 {½ *Basic*} Sd L, -, bk R, fwd L;

6 {*Rev Undrm Trn*} Sd R raise jnd ld hnds, -, XLIF R, rec R lower ld hnd to wrp W (W Sd L comm LF trn,-, XRIF L trng LF undr jnd ld hnds, fwd L fin LF trn to fc RLOD in wrp pos);

7-8 {*Bl Wlks*} Fwd L, -, fwd R, fwd L; fwd R, -, fwd L, fwd R [both fc COH];

9-12 SWHRTS x2;; HIP RK [M in 2]; SHDW FNC LN;

9-10 {*Swhrts x2*} Sd L, -, slip fwd R, rec L (W Sd R, -, slip bk L, rec R); Sd R, -, slip fwd L, rec R (W Sd L, -, slip bk R, rec L);

{M-S,S}11 {*Hip Rk, M in 2*} Rk sd L,-, rk sd R, -, (W Rk sd R, -, rec L, rec R)

12 {*Shdw Fnc Ln*} Sd L,-, lun thru R, rec L (W sd L,-, lun thru R, rec L);

13-16 SHDW FNC LN; SPT TRN (W in 2 to fc ptr); SHLDR-SHLDR x2;;

13 {*Shdw Fnc Ln*} Sd R,-, lun thru L, rec R (W sd R,-, lun thru L, rec R);

{W-S,S}14 {*Spt Trn*} Sd L,-, comm LF trn XRIF L, fwd L fin LF trn to fc ptr & COH (W Sd L,-, comm LF trn XRIF L, fin LF trn to fc ptr & WALL, tchL);

15-16 {*Shldr-shldr x2*} Sd R,-, fwd L & across in frnt of W to SCAR(W bk R & across behind L), rec R; Sd L,-, fwd R & across in frnt of W to BJO(W bk L & across behind R), rec L;

PART B

1-4 HIP RK; L SD PASS; HORSESHOE TRN;;

1 {*Hip Rock*} Rk sd R,-, rec L, rk R [rolling hip to weighted ft]

2 {*L Sd Pass*} Fwd L to SCAR shape bdy to ptr trn W RF,-, rec bk R comm LF trn, sd & fwd L fin LF trn (W Fwd R trn RF w bk to M but shaping to ptr,-; sd & fwd L comm LF trn, bk R fin LF trn to fc ptr);

3-4 {*Horseshoe Trn*} Sd & fwd R to slight “V” pos,-, ck thru L, rec R in “V” raising ld hnds; fwd L comm LF (W RF) circle wlk,-, fwd R cont LF circle wlk leading W undr jnd ld hnds, fwd L to LOD;

5-8 PREP AIDA; AIDA LN & SWCH; XBDY [WALL & hndshk]; [start] HALF MOON;

5 {*Prep Aida*} Fwd R, -, thru L comm LF trn (W trn RF) jn trail hnds, sd R cont LF trn to OP/RLOD;

{S,S} 6 {*Aida Ln & Swch*} Bk L to “V” bk to bk pos,-, Sd & bk R trn RF to fc ptr [bring trail hnds thru], -;

7 {*X Bdy*} sd & bk L trn LF ¼, -, bk R cont trn LF ¼, fwd & sd L [end fcg WALL] (W Fwd R XIF of M, -, fwd L comm LF trn, sd & bk R to fc ptr in hndshk);

8 {[start] *Half Moon*} Sd R trng RF to slight “V” w ptr, -, ck fwd L shaping to ptr, bk & rec R to fc ptr (W Sd L trng LF to slight “V” w ptr, -, slp fwd R w LF trn shaping to ptr, bk & rec L to fc ptr);

9-12 [fin] HALF MOON; LUN BRK; TRNG BASIC [M fc WALL];;

- 9 {*[fin] Half Moon*} Sd & fwd L trng LF, -, slp bk R trng LF shaping to ptr, rec fwd L to fc ptr & COH (W Sd & fwd R trng RF slightly away from ptr, -, fwd L in front of M trng LF, bk R trng to fc ptr);
- 10 {*Lun Brk*} Sd & fwd R,-, lower on R extend L to sd & bk, rise on R bringing W fwd (W Sd & bk L,-, bk R contra ck sit line action, rec fwd L);
- 11-12 {*Trng Basic*} Repeat meas 3-4 of A but end fcng WALL;

13-16 HIP RK 2 SLO; BASIC;; DIP & REC to CUDDLE POS;

- {S,S} 13 {*Hip Rk 2 Slo*} Repeat meas 4 of Intro in CP;
- 14-15 {*Basic*} Repeat meas 1-2 of A;;
- {S,S} 16 {*Dip & Rec*} Bk & sd L rising, then lowering, -, rec R,-, (W fwd & sd R, -, rec L) to CUDDLE pos;

INTERLUDE 1

1-4 HIP RK 2 SLO; CUDDLES x2;;HIP RK 2 SLO;

- {S,S} 1 {*Hip Rk 2 Slo*} Repeat meas 4 of Intro [but stay in CUDDLE pos];
- 2-3 {*Cuddle 2x*} Repeat meas 2-3 of Intro;;
- {S,S} 4 {*Hip Rk 2 Slo*} Repeat meas 4 of Intro;

REPEAT A

REPEAT B

INTERLUDE 2

1-8 HIP RK 2 SLO; CUDDLES x2;;HIP RK 2 SLO; HIP LIFT; OP OUT x2;; HIP LIFT;

- 1-4 Repeat INTERLUDE 1;;;;
- 5 {*Hip Lift*} Sd L to cp, -, tch R to L w slight pressure on R ft lift R hip, lower R hip no wgt chg;
- 6-7 {*Op Out x2*} Sd R [to dbl hnd hold], -, lower on R extend L to sd with trail hnds dwn & slight RF trn to RLOD, rise on R no wgt chg (W sd & fwd L trn RF 3/8, -, rk bk R lower slightly w soft knee, rec L); cl L to R,-, lower on L extend R to sd with trail hnds dwn & slight LF trn to LOD, rise on L no wgt chg (W sd & fwd R trn LF 1/2, -, rk bk L lower slightly w soft knee, rec R);
- 8 {*Hip Lift*} Repeat meas 8 of Intro;

PART C

1-4 FNC LN [w arms] x2;; TRNG BASIC [M fc COH];;

- 1-2 {*Fnc ln w arms x2*} Sd L,-, lun thru R with ld hnds jnd sweep trail hnds out, up & dwn betwn ptrs, rec L; Sd R,-, lun thru L, with trail hnds jnd sweep ld hnds out, up & dwn betwn ptrs, rec R;
- 3-4 {*Trng Basic*} Repeat meas 3-4 of A;;

5-8 NYR [hndshk]; HALF MOON;; FWD BRK [fc RLOD in lo BFLY];

- 5 {*Nyr*} Sd L, -, fwd R w slipping action lowering & comm trn to sd by sd pos, rec L to fc ptr;
- 6-7 {*Half Moon*} Repeat meas 8-9 of B, but end fcng WALL;;
- 8 {*Fwd Brk*} Sd & fwd R extend M's R & W's L arms out to sd, -, fwd L, rec R [trng RF ¼ to fc RLOD in lo BFLY];

9-12 BK WLKS [w arms] x2;; XBDY [WALL]; FWD BRK;

- 9-10 {*Bk Wlks w arms x2*} Bk L [raise trail hnds up, out & down to lo BFLY], -, bk R, bk L; Bk R [raise ld hnds up, out & down to lo BFLY], -, bk L, bk R;
- 11 {*X Bdy*} sd & bk L trn LF ¼, -, sm bk R, fwd & sd L [end fcg WALL] (W Fwd R XIF of M, -, fwd L comm LF trn, sd & bk R to fc ptr);
- 12 {*Fwd Brk*} Sd & fwd R extend M's R & W's L arms out to sd, -, fwd L, rec R [end lo BFLY];

13-16 BK WLK (w arms) [to COH]; OPN BRK; FNC LN [w arms] x2;;

- 13 {*Bk Wlk w arms*} [to COH] Repeat Meas 9;
- 14 {*Op Brk*} sd R extend M's R & W's L arms out to sd, -, bk L, rec R;
- 15-16 {*Fnc ln w arms x2*} Repeat meas 1-2;;

17-18 BASIC;;

- 17-18 {*Basic*} Repeat meas 1-2 of A,;;

END

1-7 OP OUT x2;; HIP RKS x2;; [to LOD] PREP AIDA; AIDA LN, SWCH & REC; DIP w LEG CRAWL & EXTEND ARMS;

- 1-2 {*Op Out x2*} Sd L [to dbl hnd hold], -, lower on L extend R to sd with trail hnds dwn & slight LF trn to LOD, rise on L no wgt chg (W sd & fwd R trn LF ½, -, rk bk L lower slightly w soft knee, rec R); cl R to L, -, lower on R extend L to sd with trail hnds dwn & slight RF trn to RLOD, rise on R no wgt chg (W sd & fwd L trn RF 3/8, -, rk bk R lower slightly w soft knee, rec L);
- 3-4 {*Hip Rks x 2*} Hnds jnd low & btwn ptrs rk sd L, -, rec R, rk L [rolling hip to weighted ft]; rk sd R, -, rec L, rk R [rolling hip to weighted ft];
- 5 {*Prep Aida*} Repeat meas 5 of Intro;
- 6 {*Aida Ln, Swch & Rec*} Bk R to "V" bk to bk pos, -, Sd & bk L trn LF to fc ptr bring jnd trail hnds thru, rec R;
- {S.S} 7 {*Dip w Leg Crawl & Hold*} Bk & sd L rising, then lowering as W gives leg crawl, -, hold (W fwd & sd R, lifting L knee along M's R leg, -, hold) [both extend ld arms];