



My Heart Won't Listen to Me

Choreographers:	Release date: June 2014
Annette & Frank Woodruff	Rhythm & Phase: Foxtrot V (soft)
	Music: Nana Mouskouri. Mp3 from iTunes.
Rue du Camp, 87 7034 Mons, Belgium Tel: 3265 73 19 40	Time & Speed: 2:38 at downloaded speed (some might like to slow it)
	Footwork: Opposite except where indicated (W's footwork in parentheses)
E-mail: annetteandfrank@gmail.com	Sequence: Intro - AB - AB - A(1-11) - Ending

INTRODUCTION

	Wait	CP DLC wt 1 note
1 - 2	Diamond Turn ½ ;;	Fwd L comm ¼ LF trn, -, contg trn sd R, bk L to BJO DRC ; staying in BJO bk R comm ¼ LF trn, -, contg trn sd L, fwd R to BJO DRW ;
3	Quick Diamond 4 ;	Still in BJO fwd L comm ¾ LF trn, contg trn sd R, bk L, bk R to CP LOD ;
4	Dip Back & Recover ;	Bk L w/ soft knee, -, rec R, - ;

PART A

1	Open Reverse Turn ;	Fwd L comm LF bdy trn, -, cont trn sd R, bk L to BJO DRC ;
2	Outside Check ;	Bk R trng slightly LF trn, -, sd & fwd L, ck fwd R outsd ptr to BJO RLOD ;
3	Back Vine 4 ;	Bk L in BJO, sd R to CP COH, XLif to SCAR DLC, sd & bk R to BJO DRC ;
4	Double Outside Swivel ;	Bk L brushg R in frnt of L, -, fwd R, - (<i>W fwd R & swvl ½ RF to mom SCP DRC, -, fwd L & swvl LF ½</i>) to BJO DRC, - ;
5	Back Lady Développé ;	Bk L ckg, -, -, - (<i>W fwd R ckg, -, bring L ft up to insd of R knee, xtnl L ft fwd</i>) ;
6	Feather Finish [DLW] ;	Bk R stg ½ LF trn, -, sd & fwd L compg trn, fwd R outsd W to BJO DLW ;
7	Three Step ;	Fwd L heel ld, -, fwd R heel ld, fwd L on toes to CP DLW ;
8	Quick Natural Turn 4 ;	Stg RF upper bdy trn fwd R heel to toe, trng RF sd L acrs LOD, bk R, bk L (<i>W stg RF upper bdy trn bk L, cl R contg trn [heel trn], fwd L, fwd R</i>) to CP DRC ;
9	Slow Check Quick Recover Side ;	Slp bk R undr bdy w/ slight contra ck action, -, rec L, sd R to BJO DRC ;
10	Outside Spin ;	Ld W across & take sm step bk L trng ¼ RF, -, fwd R outsd W heel to toe contg RF trn, contg RF trn sd & bk L (<i>W staying well into M's R arm fwd R arnd M heel toe, -, cl L on toe trng ½ RF between steps 1 & 2, cont RF trn fwd R between M's ft</i>) to CP DRW ;
11	Feather Finish [LOD] ;	Bk R stg ¾ LF trn, -, sd & fwd L compg trn, fwd R outsd W to BJO LOD ;
12 - 13	Reverse Wave ;;	Fwd L comm LF trn, -, sd R cont trn, bk L (<i>W bk R comm LF trn, -, cont w/ heel trn on R & cl L, fwd R</i>) to CP DRC ; bk R curvg LF, -, bk L cont curv, bk R to CP RLOD ;
14	Impetus to SCP LOD ;	Bk L comm RF trn, -, trn RF on L heel then xfer wgt to flat of R ft then rise, contg RF bdy trn sd & fwd L (<i>W fwd R between M's ft comm RF turn, -, sd L acrs LOD, contg RF trn brush R & step sd & fwd R</i>) to SCP LOD ;
15	Whiplash ;	Thru R, -, pt L fwd & sd twd LOD (<i>W thru L, -, swvl ¼ LF on L to fc M ptg R bk & sd twd LOD</i>) to CP DLW ready to trn to BJO at the start of the next figure, - ;
16	Back to BJO Lady Développé ;	Bk L to BJO DLW ckg, -, -, - (<i>W fwd R to BJO ckg, -, bring L ft up to insd of R knee, xtnl L ft fwd</i>) ;
17	Feather Finish [DLC] ;	Bk R stg ¼ LF trn, -, sd & fwd L compg trn, fwd R outsd W to BJO DLC ;

18	Telemark to SCP ;	Fwd L risg comm LF trn, -, sd & arnd ptr R now bkg LOD, contg LF trn sd & fwd L twd DLW w/ L sd ldg (W: Bk R, -, trn on heel of R to fc DLW & cl L, contg LF trn sd & fwd R twd DLW w/ R sd ldg) to SCP DLW ;
19	Quick Whisk in 4 ;	Thru R, L hip trng twd ptr cl L to CP WALL, sd R, XLib ;
20	Chair & Slip ;	Lun thru R w/ bdy erect, -, rec L, trng ¼ LF slip R bhd L (W lun thru L w/ bdy erect, -, rec R, swvlg LF on R slip fwd L outsd M's R ft) to CP DLC ;
21	Double Reverse ;	Fwd L stg to trn LF, -, sd R DLC, spin LF on ball of R bring L undr bdy beside R no wgt flexed knees (W bk R stg to trn LF, -, cl L to R [heel trn]/sd & slightly bk R cont LF trn, XLif) to CP DLW ;
22	Change of Direction ;	Fwd L, -, fwd & sd R trng ¼ LF, draw L to CP DLC ;

PART B

1 - 2	Reverse Turn ;;	CP DLC fwd L comm LF trn, -, sd R cont trn, bk L (W bk R comm LF trn, -, cont w/ heel trn on R & cl L, fwd R between M's ft) to CP RLOD ; bk R trng LF, -, sd & fwd L, fwd R outsd W to BJO DLW ;
3	Hover Telemark ;	Fwd L, -, diag sd & fwd R rise slightly w/ bdy trn ¼ RF, fwd L sm stp on toes (W bk R, -, diag sd & bk L w/ hvr action & bdy trn ¼ RF, fwd R sm stp on toes) to SCP DLW ;
4	Curved Feather ;	Fwd R comm RF trn, -, contg RF trn sd & fwd L, contg upper bdy RF trn fwd R outsd W (W fwd L stg slight RF trn, -, sd & bk R cont trn, bk L) to BJO DRW ;
5	Back Feather ;	Bk L, -, bk R w/ R sd ldg, bk L (W opens head at end of beat 1 and closes it again at end of beat 4) ;
6	Back Three Step ;	Bk R, -, bk L, bk R (W fwd L heel ld, -, fwd R heel ld, fwd L on toe) to CP RLOD ;
7	Closed Impetus ;	Stg RF upper bdy trn bk L, -, cl R contg trn, sd & bk L (W stg RF upper bdy trn fwd R between M's ft heel to toe pvtg ½ RF, -, sd & fwd L contg trn arnd M brush R to L, fwd R between M's ft) to CP DLW ;
8	Feather Finish ;	Bk R stg ¼ LF trn, -, sd & fwd L compg trn, fwd R outsd W to BJO DLC ;

Repeat Parts A & B
Repeat Part A (1-11)

ENDING

1 - 2	Reverse Wave ;;	Repeat meas 12-14 Part A ;;;
3	Impetus to SCP LOD ;	
4	Thru Semi Chasse ;	Thru R, sd & fwd L/cl R, sd & fwd L ;
5	Chair ;	Lun thru R w/ bdy erect, -, -, - ;



Born in 1934 in the Greek island of Crete, Nana Mouskouri, is the biggest-selling female artist of all time. Possessed of a distinctive, angelic soprano -- the product of having been born with one vocal cord bigger than the others -- Mouskouri's repertoire is amazingly varied, embracing all genres, and her gift for languages enabled her to reach audiences all over Europe, the Americas, and even Asia. Mouskouri recorded steadily from the 1960s into the new millennium, tailoring releases to specific international markets with tremendous success.

My Heart Won't Listen to Me – Woodruff – FT V – 2:38 – Nana Mouskouri

INTRO (4 meas)

CP DLC wait 1 note. Diamond Turn ½ ;; Qk Diamond 4 to CP LOD ;
Dip Bk & Rec ;

PART A (22 meas)

Open Rev Turn ; Outside Check ; Bk Vine 4 ; Outside Swivel Double ;
Bk Lady Développé ; Feather Finish DLW ; Three Step ; Qk Nat Turn 4 (DRC);
Slow Check Qk Recover Side ; Outside Spin ; Feather Finish LOD ;
Reverse Wave ;; Impetus to SCP LOD ; Whiplash ;
Bk to BJO Lady Développé; Feather Finish DLC; Telemark to SCP; Qk Whisk in 4;
Chair & Slip ; Double Reverse ; Change of Direction ;

PART B (8 meas)

Reverse Turn ;; Hover Telemark ; Curved Feather ;
Back Feather ; Back Three Step ; Closed Impetus ; Feather Finish ;

PART A (22 meas)

Open Rev Turn ; Outside Check ; Bk Vine 4 ; Outside Swivel Double ;
Bk Lady Développé ; Feather Finish DLW ; Three Step ; Qk Nat Turn 4 (DRC);
Slow Check Qk Recover Side ; Outside Spin ; Feather Finish LOD ;
Reverse Wave ;; Impetus to SCP LOD ; Whiplash ;
Bk to BJO Lady Développé; Feather Finish DLC; Telemark to SCP; Qk Whisk in 4;
Chair & Slip ; Double Reverse ; Change of Direction ;

PART B (8 meas)

Reverse Turn ;; Hover Telemark ; Curved Feather ;
Back Feather ; Back Three Step ; Closed Impetus ; Feather Finish ;

PART A (1-11)

Open Rev Turn ; Outside Check ; Bk Vine 4 ; Outside Swivel Double ;
Bk Lady Développé ; Feather Finish DLW ; Three Step ; Qk Nat Turn 4 (DRC);
Slow Check Qk Recover Side ; Outside Spin ; Feather Finish LOD ;

ENDING (5 meas)

Reverse Wave ;; Impetus to SCP LOD ; Thru Semi Chasse ; Chair ;