

SONG OF WOMAN'S HEART

From "Rigoletto"

By : G. Verdi



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Music : PEPE PD-0008 CD Track 8 e-mail : d-doi@tcp-ip.or.jp
available from choreographer on MP3 file [free] or MD [at cost]
Rhythm : Cha Cha Phase V + 2 [Rolling Off The Arm, Advanced Alemana]
Sequence : Intro - A - B - A - B - B(1-6) - Ending **Speed** : 30 MPM
Timing : 123&4 unless noted by side of measure **Footwork** : Opposite except where noted
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INTRO

1 - 4 WAIT;; ROLLING OFF THE ARM;;

1-2 {Wait} Hndshk Wall lead ft free wait 2 meas;;
3-4 {Rolling Off The Arm} Apt L, rec R, trng 1/4 RF sm step fwd L/cl R, fwd L (W apt R, rec L, trng 1/4 LF fwd R/cl L, fwd R) end both fc RLOD W's R arm is crooking M's R arm; wheel 1/2 RF fwd R, L, trng 1/4 RF sm step fwd R/cl L, fwd R (W wheel 1/2 RF bk L, R, cont trn in pl L/R, L to fc ptr) end Hndshk Wall;

PART A

1 - 8 OPN HIP TWIST; RUNAWAY FAN W TRANS; RONDE CHASSE;

HIP TWIST CHASSE; CHASE END W TRANS;; ADVANCED ALEMANA TO CP;;

1 {Open Hip Twist} Fwd L, rec R, bk L/sm pull R bk twd L, cl L [Slip Chasse] pushing arm fwd gently to lead W to swivel RF (W bk R, rec L, fwd R/lk LIB, fwd R swivel 1/4 RF on R);
(1234) 2 {Runaway Fan W Transition} Bk R, rec L trn 1/4 LF, fwd R/lk LIB, fwd R (W fwd L, fwd R spiral LF 1 full trn, fwd L, fwd R) end Tandem LOD both L ft free;
3 {Ronde Chasse} [same footwork] Fwd L, rec R, ronde L ft CCW XLIB/cl R, sd L;
(1234) 4 {Hip Twist Chasse} [same footwork] Bk R, rec L, XRIF/twisting RF on R cl L, sd R;
5-6 {Chase Ending W Transition} Fwd L, rec R, bk L/lk RIF, bk L (W fwd L trn 1/2 RF, rec R, fwd L, fwd R); bk R, rec L, fwd R/lk LIB, fwd R (W fwd L, rec R, bk L/lk RIF, bk L) end LOP Fcg LOD;
7-8 {Advanced Alemana} Fwd L, rec R, comm trn RF sd L/cl R, sd & fwd L cont trn to fc DRW (W bk R, rec L, fwd R/lk LIB, fwd R trn RF to fc DLC pt L sd); cont trn XRIB, cont trn sd L to fc COH, sd R/cl L, sd R (W cont trn under jnd lead hnds fwd L twd LOD, cont trn fwd R twd RLOD, cont trn sd & fwd L twd DLC/cont trn to fc ptr cl R, sd L) end CP COH;

9 - 16 GUAPACHA X BASIC;; OK NYs; NY TO OP M TRANS; DBL CUBAN 2X;;

CIRCLE AWAY & TOG W TRANS;;

- &23&4 9-10 {Guapacha Cross Basic} Hold the last sd step of the previous meas rising slightly/almost falling XLIF (W XRIB) comm trn 1/4 LF, cont trn rec R to fc RLOD, sd L/cl R, sd L end CP RLOD; Hold and rising slightly/almost falling XRIB (W XLIF) comm trn 1/4 LF, cont trn rec L to fc Wall, sd R/cl L, sd R end LOP Fcg Wall;
1&23&4 11 {Quick New Yorkers} Thru L/rec R, sd L, thru R/rec L, sd R;
1234 12 {New Yorker To Open M Transition} Thru L with straight leg trn RF to LOP RLOD, rec R trn bk to fc LOD, sd & fwd L, fwd R (W fwd R/lk LIB, fwd R) end Sd-By-Sd LOD both L ft free;
(123&4)

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(Continued)

- 1&2&3&4 13-14 {Double Cuban Break Twice} [same footwork] XLIF/rec R, sd L/rec R, XLIF/rec R, sd L;
1&2&3&4 XRIF/rec L, sd R/rec L, XRIF/rec L, sd R;
15-16 {Circle Away & Together W Transition} Circle walk CCW (W CW) fwd L, fwd R, fwd L/lk RIB,
(1234) fwd L; fwd R, fwd L, fwd R/lk LIB, fwd R (W fwd R, L, R, L) jn R-R hnds end Hndshk Wall;

PART B

1 - 8 CIRCULAR X BODY;:::; W OUT TO FC; M UNDER TO BK TRIPLE CHAS;:

- 1-5 {Circular Cross Body} Fwd L, rec R trn 1/4 LF, sd L/cl R, sd L (W bk R, rec L, fwd R/lk LIB, fwd R) end L-Shape M fc LOD W fc COH R-R hnds jnd across IF of W;
Slip bk R comm trn LF, rec L cont trn to fc DRC, adjusting to W’s step fwd R/cl L, fwd R lead W to trn LF bringing R hnds up behind W (W fwd L, fwd R spiral LF 1 full trn, cont trng 1/8 LF fwd L/lk RIB, fwd L) end Valsouvienne DRC;
Fwd L, rec R trn 1/8 LF, sd L/cl R, sd L (W fwd R, fwd L release jnd L-L hnds trn 1/2 RF, cont trng 1/8 RF fwd R/lk LIB, fwd R) end L-Shape M fc RLOD W fc Wall R hnds across IF of W;
Slip bk R comm trn LF, rec L cont trn to fc DLW, adjusting to W’s step fwd R/cl L, fwd R lead W to trn LF bringing R hnds up behind W (W fwd L, fwd R spiral LF 1 full trn, cont trng 1/8 LF fwd L/lk RIB, fwd L) end Valsouvienne DLW;
Fwd L, rec R trn 1/8 LF, sd L/cl R, sd & fwd L (W fwd R, fwd L release jnd L-L hnds trn 1/2 RF to fc DRC, cont trng 3/8 RF fwd R/lk LIB, fwd R) end both fc LOD jnd R hnds across IF of W;
6 {W Out To Face} Bk R, rec L, fwd R/lk LIB, fwd R (W fwd L, fwd R trn 1/2 LF, bk L/lk RIF, bk L) end Hndshk LOD; **Note** : third time meas 6 ends LOP Fcg LOD
123&4 7-8 {M Under To Back Triple Chas} Keep R-R hnds jnd fwd L trn 1/2 RF under jnd hnds, rec R
1&23&4 cont trn to fc ptr, twd RLOD bk L/lk RIF, bk L; release R-R hnds and jn L-L hnds bk R/lk LIF, bk R, release L-L hnds and jn R-R hnds bk L/lk RIF, bk L end Hndshk LOD;

9 - 12 WHIP OVRTRN; SINGLE CUBAN; GUAPACHA TIME STEP 2X;:

- 9 {Whip Overturn} Comm trn LF slip bk R, rec fwd L cont trn to fc Wall, sd R/cl L, sd R (W fwd L comm trn LF, fwd R cont trn to fc ptr, sd L/cl R, sd L) end Bfly Wall;
1&23&4 10 {Single Cuban Break} Thru L/rec R, sd L, thru R/rec L, sd R release jnd hnds;
- &23&4 11-12 {Guapacha Time Step Twice} Hold and rising slightly arms extended sd palms up/almost falling
- &23&4 XLIB (W XRIB), rec R, sd L/cl R, sd L; Hold and rising slightly/falling XRIB (W XLIB), rec L, sd R/cl L, sd R jn R-R hnds;

REPEAT PART A

REPEAT PART B

REPEAT PART B MEAS 1 THRU 6 except end LOP Fcg LOD

END

1 - 2 ALEMANA LEAD TO NY OK THRU;:

- 1 {Alemana Lead} Fwd L, rec R, trng RF to fc Wall in pl L/R, L (W bk R, rec L, fwd R/lk LIB, fwd R trn RF to fc ptr) end Bfly Wall;
12&3 - 2 {New Yorker With Quick Through} Release lead hnds thru R with straight leg trn to fc LOD, rec L/release trail hnds trn to fc ptr and jn lead hnds sd R, thru L with straight leg trn to fc RLOD jnd hnds extended fwd & down free arms bk & up,-;