



TAKE MY HEART THIS CHRISTMAS

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	Music: Song title : “All my Bells are Ringing”, Artist: Lenka, CD: “The Hotel Café presents Winter Songs”, track 03 or MP3 download from Amazon or others.
	Rhythm & Phase: Two Step II
	Difficulty: Very easy
	Time & Speed: 2:28 @ CD speed + 3%
	Footwork: Opposite except where indicated (<i>W's footwork in parentheses</i>)
	Sequence: Intro – AB – Interlude – A Mod – BC – B – Ending

INTRODUCTION

1 - 2	Wait ; ;	CP WALL wt 2 meas ; ;
3 - 4	Reverse Box ; ;	Sd L, cl R, bk L, - ; sd R, cl L, fwd R, - ;

PART A

1	Vine 4 ;	Sd L, XRib (<i>W XLib</i>), sd L, XRif (<i>W XLif</i>) to SCP LOD ;
2	2 Side Closes ;	Blending to CP sd L, cl R, sd L, cl R ;
3 - 4	Open Vine 4 ; ;	Sd L, -, XRib (<i>W XLib</i>) trng to LOP RLOD, - ; sd L to fc ptr, -, XRif (<i>W XRif</i>) to SCP LOD, - ;
5	Run 4 ;	Fwd L, R, L, R;
6	Scoot ;	Fwd L, cl R, fwd L, cl R ;
7 - 8	Basketball Turn to BFLY ; ;	Fwd L w/ lun action trng ¼ RF, -, rec R trng ¼ RF to SD-BY-SD RLOD, - ; fwd L w/ lun action trng ¼ RF, -, rec R trng ½ RF to BFLY WALL, - ;
9	Side Draw Close ;	Sd L, draw R, cl R, - ;
10	Face to Face ;	Sd L, cl R, sd L trng ½ LF to BK-TO-BK, - ;
11	Back to Back ;	Sd R, cl L, sd R trng ½ RF to BFLY, - ;
12	Face to Face ;	Sd L, cl R, sd L trng ½ LF to BK-TO-BK, - ;
13	Side Draw Close ;	Sd R, draw L, cl L, - ;
14	Back to Back ;	Sd R, cl L, sd R trng ½ RF to BFLY, - ;
15	Face to Face ;	Sd L, cl R, sd L trng ½ LF to BK-TO-BK, - ;
16	Back to Back ;	Sd R, cl L, sd R trng ½ RF to BFLY, - ;

PART B

1	2 Side Closes ;	Sd L, cl R, sd L, cl R ;
2	Lunge Turn In to LOP ;	Lun sd L trng RF (<i>W LF</i>), -, rec R trng RF (<i>W LF</i>) to LOP RLOD, - ;
3	Scoot ;	Fwd L, cl R, fwd L, cl R ;
4	Lunge Turn Out to OP ;	Lun sd L trng RF (<i>W LF</i>), -, rec R trng RF (<i>W LF</i>) to OP LOD, - ;
5	Hitch 4 ;	Fwd L, cl R, bk L, cl R ;
6	Walk 2 to CP ;	Fwd L, -, fwd R trng to CP WALL, - ;
7	Limp ;	Sd L, softening knees XRib (<i>W XLib</i>), sd L, softening knees XRib (<i>W XLib</i>) ;
8	Walk 2 ;	Blending to SCP LOD fwd L, -, fwd R, - ;

INTERLUDE

1 - 2	Vine Apart & Together ; ;	[M twds COH, <i>W twds WALL</i>] Releasing hands sd L, XRib (<i>W XLib</i>), sd L, - ; [M twds WALL, <i>W twds COH</i>] sd R, XLib (<i>W XRib</i>), sd R trng to SCP LOD, - ;
3 - 4	Double Hitch to CP ; ;	Fwd L, cl R, bk L, - ; bk R, cl L, fwd R trng to fc ptr, - ;

PART A Modified

1	Vine 4 ;	Repeat measures 1-8 Part A ; ; ; ; ; ; ; ;
2	2 Side Closes ;	
3 - 4	Open Vine 4 ; ;	
5	Run 4 ;	
6	Scoot ;	
7 - 8	Basketball Turn ; ;	
9 - 12	Lace Up ; ; ; ;	Raising jnd ld hnds & travlg twd DLW bhd & arnd W fwd L, cl R, fwd L (<i>W twd DLC undr jnd ld hnds fwd R, cl L, fwd R</i>) to LOP LOD, - ; fwd R, cl L, fwd R, - ; releasg ld hnds & jng trl hnds & travlg twd DLC bhd & arnd W fwd L, cl R, fwd L (<i>W twd DLW undr jnd trl hnds fwd R, cl L, fwd R</i>) to OP LOD ; fwd R, cl L, fwd R, - ;
13 - 14	Circle Away in 2 two-steps ; ;	[M circ LF twd COH, W circ RF twd WALL] Fwd L, cl R, fwd L, - ; cont circ away fwd R, cl L, fwd R trng to fc ptr, - ;
15 - 16	Strut Tog in 4 to BFLY ; ;	Fwd L, -, fwd R, - ; fwd L, -, fwd R to BFLY WALL, - ;

Repeat B**PART C**

1 - 2	Vine 8 ; ;	Blending to CP sd L, XRib (<i>W XLib</i>), sd L, XRif (<i>W XLif</i>) ; sd L, XRib (<i>W XLib</i>), sd L, XRif (<i>W XLif</i>) ;
3 - 4	Open Vine 4 ; ;	Sd L, -, XRib (<i>W XLib</i>) trng to LOP RLOD, - ; sd L to fc ptr, -, XRif (<i>W XRif</i>) to SCP LOD, - ;
5 - 6	Vine 8 ; ;	Repeat meas 1-2 Part C ; ;
7 - 8	Basket Ball Turn ; ;	Repeat meas 7-8 Part A ; ;

Repeat B**ENDING**

1 - 2	Slow Limp ; ;	Blending to CP sd L, -, softening knees XRib (<i>W XLib</i>), - ; sd L, -, softening knees XRib (<i>W XLib</i>), - ;
3	Apart Point ;	Apt L, -, pt R twd ptr, - ;



Lenka (born Lenka Kripac in 1978) is an Australian singer & song writer mostly known for her song *The Show* which was in advertisements, including for Old Navy and Ugly Betty as well as in the movie Moneyball. Prior to that she was mostly known as an actress featured both on Australian television and in feature films. She is the daughter of a jazz musician who had immigrated to Australia from Czechoslovakia and an Austrian schoolteacher mother. She was born and raised "in the bush" until age seven when her family moved to Sydney where she received her schooling and music training and started work as a musician. Another song of hers *Trouble is a Friend* was also used in several TV serials including *The Mentalist* and *Grey's Anatomy*.

Take my Heart this Christmas – Woodruff – Oct 2011 – TS II - Lenka – 2:28

INTRO (4 meas)

CP WALL Wait 2 ; ; Reverse Box ; ;

PART A (16 meas)

Vine 4; 2 side closes ; Open Vine 4 to SCP ; ; Run 4; Scoot; BB Turn ; ;
Sd Draw Cl ; Fc to Fc ; Bk to Bk ; Fc to Fc ;
Sd Draw Cl ; Bk to Bk ; Fc to Fc ; Bk to Bk to CP ;

PART B (8 meas)

2 Side Closes ; Lunge Turn in to LOP ; Scoot; Lunge Turn Out to OP ;
Hitch 4 ; Walk & Face ; Limp ; Walk 2 ;

INTERLUDE (4 meas)

Vine apt & tog to SCP ; ; Double Hitch to face ; ;

PART A Mod (16 meas)

Vine 4; 2 side closes ; Open Vine 4 to SCP ; ; Run 4; Scoot; BB Turn ; ;
Lace up ; ; ; Circle away in 2 two-steps ; ; Strut tog in 4 to CP ; ;

PART B (8 meas)

2 Side Closes ; Lunge Turn in to LOP ; Scoot; Lunge Turn Out to OP ;
Hitch 4 ; Walk & Face ; Limp ; Walk 2 ;

PART C (8 meas)

Vine 8 ; ; Open vine 4 ; ; Vine 8 ; ; BB Turn to CP ; ;

PART B (8 meas)

2 Side Closes ; Lunge Turn in to LOP ; Scoot; Lunge Turn Out to OP ;
Hitch 4 ; Walk & Face ; Limp ; Walk 2 ;

ENDING(3 meas)

Slow Limp ; ; Apart Point ;

All my Bells are Ringing

Mistletoe and holly deck the halls
But you don't come around and you don't call

Well it's just like the season to be lonely
And my heart is beating for you only

Take my heart this Christmas
And wrap it in a ribbon and a bow
Yes take my heart this Christmas
Take it wherever you go

Everybody has someone to hold
Nestle by the fire in from the cold
But I don't hear the carols they are singing
and I've only got one thing good for giving

So take my heart....

All my bells are ringing just for you
And I got no desire for someone new

So take my heart...