

TEARS IN MY HEART - TRANEN IN MIJN HART

Music : Dana Winner (Belgium)
<http://mp3wifi.net/regenbogen>
Track # 11 Time 4:09
Available from choreographer

Rhythm: Rumba Phase: V accelerate w/ +3%

Footwork: Opposite except where (Noted)

Release Date: March 18

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Sequence: INTRO AB AB A(1-14) END



INTRO

01-06 LOP WALL LEAD FOOT FREE NO HANDHOLD WAIT 2 MEASURES ; ; CHASE DOUBLE /M TURN 4 TIMES ; ; ; ;
{Wait} LOP WALL ld ft free no handhold wt 2 meas ; ; {Chase Double M turn 4 Times} Fwd L trng RF ¼, rec R trng RF ¼, fwd L (W bk R, rec L, fwd R), -; Fwd R trng LF ¼, rec L trng LF ¼, fwd R (W fwd L trng RF ¼, rec R trng RF ¼, fwd L), -; Repeat meas 1 Part B (W fwd R trng LF ¼, rec L trng LF ¼, fwd R), -; Repeat meas 2 Part B (W fwd L, rec R, bk L) to BFLY WALL, -;

PART A

01-04 CHASE w/ UNDERARM PASS ; ; SHOULDER to SHOULDER TWICE ; ;
{Chase / W Underarm Pass} [relnsg trail hnds] Fwd L trng RF ½ keepg ld hnds jnd w/ palm upwards, rec R, small fwd L (W bk R, rec L, fwd R twd M's L sd), -; Bk R raisg ld hnds, rec L, sd R (W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L) to BFLY COH, -; {Shoulder to Shoulder x 2} Fwd L to SCAR, rec R to fc, sd L, -; Fwd R to BJO, rec L to fc, sd R to BFLY COH, -;

05-08 FENCE LINE ; THRU SERPIENTE ; ; FENCE LINE ;
{Fence Line} XLif (W XRif) w/ bent knee, rec R, sd L, -; {Thru Serpiente} Thru R, sd L, XRib, flare L CCW (W thru L, sd R, XLib, flare R CW); XLib, sd R, thru L, flare R CCW (W XRib, sd L, thru R, flare L CW); {Fence Line} XRif (W XLif) w/ bent knee, rec L, sd R to BFLY COH, -;

09-12 CHASE w/ UNDERARM PASS ; ; BASIC ½ TO NATURAL TOP ; ;
{Chase / W Underarm Pass} Repeat meas 1,2 Part A to BFLY WALL; ; {Basic ½ to Natural Top} Fwd L, rec R, sd L trng ¼ RF (W bk R, rec L, fwd R btw M's ft) to CP RLOD, -; Cont RF trn XRib, compg ¾ RF trn sd L, cl R (W sd L, XRif btw M's ft, sd L) to CP WALL, -;

13-16 CUDDLE TWICE ; ; OP HIP TWIST INTO A FAN ; ;
{Cuddle x 2} Sd L, rec R, cl L placing L hnd on W's R shldr blade (W trng ½ RF bk R with free arm out to sd, rec L, fwd R plcg R hnd on M's L shldr trng ½ LF) to CP WALL, -; Sd R, rec L, cl R placing R hnd on W's L shldr blade (W trng ½ LF bk L with free arm out to sd, rec R, fwd L plcg L hnd on M's R shldr trng ½ RF) to CP WALL, -; {OP Hip Twist to a Fan} Fwd L, rec R, cl L (W bk R, rec L, fwd R with tention to L arm to swivel ¼ RF) end L-Shape M fc Wall W fc LOD, -; Bk R, rec L, sd R (W fwd L, trng ½ LF sd R, bk L) to fan pos, -;

17-20 HOCKEY STICK ; ; NEW YORKER TWICE ; ;
{Hockey Stick} Fwd L, rec R, cl L (W cl R, fwd L, fwd R), -; Sm bk R, rec L, long fwd R (W fwd L, fwd R trng sharply 5/8 LF undr jnd lead hnds, bk L) to LOP-FCG DRW, -; {New Yorker x 2} XLif (W XRif) to LOP RLOD, rec R to BFLY WALL, sd L, -; XRif (W XLif) to OP LOD, rec L to BFLY WALL, sd R, -;

PART B

01-04 SPOT TURN ; AIDA ; SWITH ROCK ; WHIP to COH ;
{Spot Turn} Relg hnds XLif (W XRif) trng RF, rec R compg full trn, sd L to BFLY, -; {Aida} Thru R, releasg trail hnds sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD, -; {Switch Rock} Sd & bk R trng RF to fc ptr, hip rk L, hip rk R, -; {Whip to COH} Bk R trng ¼ LF, rec L cont LF trn to COH, sd R (W fwd L outsd M on his l-sd, fwd R trng ½ LF, sd L) to BFLY COH, -;

05-08 REVERSE UNDERARM TURN ; CRABWALK HALF ; TWIRL/VINE 3 ; WHIP to WALL :

{Reverse Underarm Turn} Raisg jnd ld hnds XLif, rec R, sd L (*W XRif undr jnd ld hnds trng LF ½ rec L contg LF trn to fc ptr, sd R*) to BFLY COH, -; **{Crab Walk 1/2}** Twds RLOD XRif (*W XLif*), sd L, XRif (*WXLif*), -; **{Twirl/Vine 3}** Twds RLOD Sd L, XRib, sd L (*W twirl RF under M's L & W's R hnds XLif turn RF, sd & fwd R cont RF trn, sd L*) BFLY COH, -; **{Whip to WALL }** Bk R trng ¼ LF, rec L trng ¼ LF, sd R (*W fwd L long step in frt of M, trng LF fwd & sd R, sd L to fc M*) to BFLY WALL, -;

09-12 BACK BREAK to ½ OP LOD ; OP IN & OUT RUNS ; ; SPOT TURN :

{Bk Break to ½ OP LOD} XLib trng to ½ OP LOD, rec R, fwd L twd ½ OP LOD, -; **{OP In & Out Runs}** Fwd R begin RF trn, sd & fwd L Xif of W cont trn, sd & fwd R to ½ LOP LOD w/ free arms out to sd (*W Fwd L, R, L*), -; Fwd L, R, L (*W fwd R begin RF trn, sd & fwd L Xif of M cont trn, fwd & sd R*) to ½ OP DLC w/ lead arms extended to sd, -; **{Spot Turn}** XRif (*W XLif*) trng ½ LF, rec L comp ¾ LF trn to fc ptr, sd R to BFLY WALL, -;

13-16 BASIC INTO 3 ALTERNATING UNDERARM TURNS W – M & W ; ; ; ;

{Basic ½ Into 3 Alternating Underarm Turns W-M-W} Fwd L, rec R, sd L, -; Raisg jnd ld hnds XRib, rec L, sd R (*W trng RF undr jnd ld hnds fwd L, fwd R cont RF trn to fc ptr, sd L*), -; [join tl hnds] trng RF undr jnd tl hnds fwd L, fwd R cont RF trn to fc ptr sd L (*W XRib, rec L, sd R*), -; [join lead hnds] Repeat meas 14 Part B to BFLY WALL ;

ENDING

01-04 SIDE WALK 3 FLARE ; BEHIND SIDE THRU FLARE ; FENCE LINE in 4 to SCAR ; FWD CHECK/W DEVELOPE ;

{Sd Walk 3 Flare} [OOQ&] Sd L, cl R, sd L, flare R CW ; **{Behind Sd Thru Flair}** [OOQ&] XRib, sd L, XRif, flare R CW ; **{Fence Line in 4 to SCAR}** [OOQQ] XLif (*W XRif*) w/ bent knee, rec R, sd L, cl R swiveling RF to SCAR ; **{Fwd Checkg/W Develope }** [S] Fwd L outsd W checkg, - , - (*W bk R, bring L ft up R leg to insd of R knee, extend L ft fwd*) to DRW ;

05-07 WAIT ~ START on the word" VOOR" with ; SLOW BACK & ROCK TWO ; CROSS BACK & EXTEND ;

[Wait~] Wait ~ Start on the word "VOOR" w/ ; **{Slow Back & Rock Two}** Slow Bk R, -, hip rk L, hip rk R ; **{Cross Bk & Extend}** [S&]Trng sharply to SCP LOD XLib (*W XRib*), point R to LOD & extend lead arms up ;