

THE KEEPER OF MY HEART

Choreographer: Jim & Vonnie Spence 227 L St SW, Quincy, WA 98848 509-787-2329

CD: Isla Grant A Dream Come True Track #7 or MP3 download from Amazon

Footwork: Opposite unless noted

Speed; 44 or to suit

Rhythm: Foxtrot Phase IV

Sequence: Intro, A, B, C, Interlude, A, Ending

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INTRO

1 – 2+ CP FACING DRC WAIT THREE PICKUP NOTES AND TWO MEASURES , , ; ;

1-2+ CP wait, , ; ;

3 – 5 DIAMOND TURN 1/2 ; ; CHANGE OF DIRECTION ;

3-4 Fwd L comm. LF trn,-, sd R trng LF, bk L to BJO/DRW; Bk R cont LF trn,-, sd L trng LF, fwd R to BJO/DLW;

5 Fwd L,-, fwd & sd R trng LF, drw L to CP/DLC;

PART A

1 – 4 REVERSE TURN ; ; THREE STEP; HALF NATURAL;

1-2 Fwd L comm LF trn,-, trng LF sd R (*W heel trn*), bk L; CP/RLOD Bk R cont LF trn,-, sd & fwd L DLW, fwd R to BJO/DLW;

3-4 Fwd L w/ heel ld,-, fwd R w/ heel ld, fwd L; Fwd R trng RF,-, sd L, bk R, (*W bk L trng RF,-, cl R heel trn, fwd L*) CP RLOD;

5 – 8 IMPETUS SCP ; WEAVE TO BJO ; ; FORWARD FACE CLOSE ;

5-6 Comm RF trn bk L,-, bring R to L no wgt [heel turn] cont trn chg wgt (*W sd L*), fwd L SCP DLC; Fwd R,-, fwd L to CP comm. LF trn, sd & bk R trng LF to BJO RLOD;

7-8 Bk L LOD,-, bk R trng LF to CP, sd & fwd L to BJO DLW; Fwd R,-, sd L trng to fc ptr, cl R;

9 – 12 WHISK ; WING ; OPEN TELEMARK ; NATURAL HOVER FALLAWAY ;

9-10 Fwd L,-, fwd & sd R rising, XLib (*W XRib*) up on toes to SCP; Thru R,-, drw L to R trng body LF, tch L (*W fwd L Xif of M trng LF,-, fwd R arnd M cont trng LF, fwd L*) to SCAR DLC;

11-12 Fwd L comm LF trn,-, sd R cont trn, sd & fwd L (*W bk R trng LF,-, bring L to R w/ no wgt {heel trn} cont trn on R & chg wt to L, fwd R*) to SCP/DLW; Fwd R,-, fwd L trng RF to DRW rising, rec R SCP DRW;

13 – 16 SLIP PIVOT ; CROSS PIVOT SCAR DLC ; CROSS HOVER BJO DRC ; FORWARD POINT ;

13-14 Bk L undr body (*W bk R still in SCP*),- , bk R trng LF w/slip action (*W trng LF slip fwd L*), fwd L; Fwd R beg RF trn,-, sd L conf RF trn, fwd R (*W bk L comm. RF trn, -, cl R heel trn, bk L*) to SCAR/DLC;

15-16 Fwd L DLC,-, trng LF sd R rising, rec L to BJO/DRC; Fwd R,-, pt fwd L,-;

17 – 18 IMPETUS SCP ; SLOW SIDE LOCK ;

17-18 Rpt meas 5 Part A; Thru R,-, sd & fwd L to CP/LOD, lk Rib (*W thru L trng LF,-, sd & bk R to CP, lk Lit*) to BJO DLC;

PART B

1 – 4 OPEN TELEMARK ; IN AND OUT RUNS ; ; FORWARD FACE CLOSE ;

1-2 Rpt meas 11 Part A; Fwd R trng RF,-, sd & bk on L to CP, bk R (*W fwd L, fwd R btw M's ft, fwd L*) to BJO RLOD;

3-4 Bk L trng RF,-, sd & fwd R btw W's ft cont RF trn, fwd L (*W fwd R trng RF, sd L Xg in front of M, trng RF fwd R*) to SCP LOD; Rpt meas 8 Part A;

5 – 8 1/2 BOX ; BACK TO LEFT WHISK ; RECOVER TO A WHISK ; PICKUP ;

5-6 Fwd L,-, sd R, cl L; Bk R,-,sd L, XRib (*W XLib*) to RSCP RLOD;

7-8 Thru L,-, sd R, XLIB to SCP LOD; Fwd R (*W fwd L folding LF in frnt of M*),- , sd L, cl R CP/LOD;

9 – 12 ONE LEFT TURN ; HOVER CORTE ; BACK HOVER SCP ; PICKUP ;

9-10 Fwd L comm LF trn,-, sd R trng LF, cl L to CP RLOD; Bk R trng LF,-, sd & fwd L w/hovering action contg trn, rec R in BJO/DLW;

11-12 Bk L,-, sd R rising & trng to SCP, fwd L to SCP/DLC; Rpt meas 8 Part B;

13 – 16 REVERSE WAVE ; ; OUTSIDE CHANGE SCP ; PICKUP ;

13-14 Fwd L comm. LF trn,-, sd R arnd ptr (*W heel trn*), bk L to CP/DRC; Bk R,-, bk L w/slight LF curve, cont trn bk R to CP/RLOD;

15-16 Bk L,-, bk R trng LF, sd & fwd L to SCP/DLW (*W Fwd R,-, fwd L, sd & fwd R to SCP/DLW*); Rpt meas 8 Part B;

17 CHANGE OF DIRECTION ;

Fwd L,-, fwd & sd R trng LF, drw L to CP/DLC;

PART C

1 – 4 DIAMOND TURNS ; ; ; BLEND TO SCAR ;

1-2 Fwd L comm. LF trn,-, sd R trng LF, bk L to BJO/DRC; Bk R comm LF trn,-, sd L trng LF, fwd R to BJO/DRW;

3-4 Fwd L comm. LF trn,-, sd R trng LF, bk L to BJO/DLW; Bk R comm LF trn,-, sd L trng LF, fwd R blendg to SCAR/DLW;

5 – 8 CROSS HOVER BJO ; CROSS HOVER SCAR ; CROSS HOVER SCP ; PICKUP ;

5-6 XLif,-, sd R w/slight rise trng LF, fwd L to BJO/DLC; XRif, -, sd L w/slight rise trng RF, fwd R to SCAR/DLW;

7-8 XLif, -, sd R w/slight rise (*W strong RF trn*), fwd L to SCP/DLC; Rpt meas 8 Part B to CP/DLC;

9 – 12 OPEN REVERSE TURN ; OUTSIDE CHECK ; BACK FEATHER ; FEATHER FINISH ;

9-10 Fwd L comm LF trn,-, trng LF sd R, bk L to BJO/DRC; Bk R trng LF,-, sd & fwd L, chk fwd R outsd ptr;

11-12 Bk L,-, bk R w/R shldr ld, bk L to BJO; Bk R trng LF,-, sd & fwd L, fwd R outsd W to BJO/DLW;

13 - 16 HOVER TELEMAR ; IN & OUT RUNS ; ; HALF NATURAL ;

13-14 Fwd L,-, DIAG sd & fwd R rising slightly w/bdy trng RF, fwd L to SCP/DLW; Rpt meas 2 Part B;

15-16 Rpt meas 3 Part B; Fwd R trng RF,-, sd L, bk R, (*W fwd L,-, fwd R w/ slight RF trn, fwd L*) CP RLOD;

17 HESITATION CHANGE ;

Bk L trng RF,-, sd R cont trn, draw L to R;

INTERLUDE

1 – 4 CROSS SWIVEL BJO ; IMPETUS SCP ; THROUGH HOVER BJO ; BACK HOVER SCP ;

1-2 Fwd L,-, swvlg LF on L pt R LOD, chk fwd R to BJO/DRC; Rpt meas 5 Part A;

3-4 Thru R,-, sd & fwd L w/slight rise (*W trn LF*), rec R to BJO DLC; Bk L,-, sd R w/slight rise (*W trn RF*), rec L to SCP DLC;

5 SLOW SIDE LOCK ;

5 Thru R,-, sm sd & fwd L to CP, lk Rib trng LF to CP/DLC (*W thru L stg LF trn,-, sd & bk R cont trn, lk Lif*);

Repeat Part A

ENDING

1 – 4 DIAMOND TURN 1/2 ; ; QUICK DIAMOND 4 ; DIP & RECOVER ;

1-2 Rpt meas 1 & 2 Part C;;

3-4 Fwd L comm. LF trn, cont LF trn sd R, bk L cont LF trn, bk R to CP; Dip bk L,-, rec R,-;

5 FORWARD TO A RIGHT LUNGE ;

5 Fwd L,-, flexg L knee sd & fwd R keeping L sd twd ptr & as wgt is taken on R flex R knee & trn bdy slightly LF lookg at ptr (*W look L*),-