

TITLE: THEIR HEARTS ARE DANCING

DANCE BY: Richard & Frances Matthews, 404 Pine Forest Dr. ,Slidell,LA. 70458-1714, 985-649-1979, rdcuers@aol.com

MUSIC: "Their Hearts Are Dancing" The Forester Sisters – Walmart download

FOOTWORK: Opposite,except where noted

RHYTHM: WALTZ **PHASE:** III+1 (Diamond Turn) **SPEED:** 45 RPM **AVG** 6/14

SEQUENCE: INT, A, B, BRG, A, B, END

INTRO

1-4 **WAIT ; WAIT ; APART, POINT ; TOGETHER, TCH (BFLY) ;**

1-4 OP FCNG wait;; bk L,pt R,-; tog R BFLY,tch L,-;

5-8 **WALTZ AWAY & TOGETHER (BFLY) ;; BALANCE LEFT & RIGHT ;;**

5-8 fwd L trng away,fwd R,cl L; fwd R trng in,sd L,cl R BFLY; sd L,XRib,rec L; sd R,xLib,rec R;

-A-

1-4 **STEP SWING ; SPIN MANEUVER ; TWO RIGHT TURNS ;;**

1-4 bk L,pt R thru,-; fwd R trng RF,sd L,cl R(W spin LF) CP RLOD; bk L trng RF,sd R,cl L; fwd R trng RF,sd L,cl R;

5-8 **BOX ;; CANTER (BFLY) ;;**

5-8 fwd L,sd R,cl L; bk R,sd L,cl R; sd L,draw R,cl R; sd L,draw R,cl R;BFLY

9-12 **WALTZ AWAY ; TURN IN (FC RLOD) ; BACK WALTZ ; BACK , FACE , CLOSE ;**

9-12 fwd L trng away,fwd R,cl L; fwd/sd R trng LF,bk L,cls R LOP RLOD; bk L,bk R,cl L; bk R,fc L,cl R CP;

13-16 **DIP BACK ; MANEUVER ; TWO 1/4 RIGHT TURNS (LOD) ;;**

13-16 bk L,-,-; fwd R trng RF,sd L,cl R CP RLOD; bk L trng RF,sd R,cl L; fwd R trng RF,sd L,cl R LOD;

17-20 **TWO FORWARD WALTZES ;; TWO LEFT TURNS ;;**

17-20 CP/LOD fwd L,fwd R,cl L; fwd R,fwd L,cls R; fwd L trng LF,sd R,cl L; bk R trng LF,sd L,cl R;

21-24 **HOVER (SCP) ; PICKUP (SCAR) ; PROGRESSIVE TWINKLE (BJO) ; PROGRESSIVE TWINKLE (SCAR) ;**

21-24 fwd L,sd/rise R,rec L; thru R,sd L,cl R(W PICKUP LF)SCAR; XLif,sd R,cl L BJO; XRif,sd L,cl R SCAR;

25-28 **PROGRESSIVE TWINKLE (BJO) ; FORWARD , FACE , CLOSE ; TWIRL VINE 3 ; THROUGH , FACE , CL OSE ;**

25-28 XLif,sd R,cl L BJO; fwd R,fc L,cl R WALL; sd L,XRib,sd L(W twirl RF); thru R,fc L,cl R;

29-32 **HOVER (SCP) ; MANEUVER ; SPIN TURN ; BOX FINISH ;**

29-30 fwd L,sd/rise R,rec L; fwd R trng RF,sd L,cl R CP RLOD;

31-32 bk heel pivot L,fwd rise R,sd/bk L(W fwd pivot R,bk rise/brush L,fwd R); bk R,sd L,cl R;

-B-

1-4 **DIAMOND TURN ;;;;**

1-4 fwd L trng LF,sd R,bk L; bk R trng LF,sd L,fwd R, fwd L trng LF,sd R,bk L; bk R trng LF,sd L,fwd R;

5-8 **ONE LEFT TURN (RLOD) ; BACKUP WALTZ ; ONE RIGHT TURN (LOD) ; FORWARD WALTZ ;**

5-8 fwd L trng LF,sd R,cl L RLOD; bk R,bk L,cl R; bk L trng RF,sd R,cl L LOD; fwd R,fwd L,cl R;

9-12 **DIAMOND TURN (SCAR) ;;;;**

9-12 fwd L trng LF,sd R,bk L; bk R trng LF,sd L,fwd R, fwd L trng LF,sd R,bk L; bk R trng LF,sd L,fwd R SCAR;

13-16 **THREE PROGRESSIVE TWINKLES ;;; FORWARD , FACE , CLOSE ;**

13-16 XLif,sd R,cl L BJO; XRif,sd L,cl R SCAR; XLif,sd R,cl L BJO; fwd R,fc L,cl R;BFLY

-BRG-

1-6 **BALANCE LEFT & RIGHT ;; TWIRL VINE 3 ; THROUGH , FACE , CLOSE ; CANTER TWICE ;;**

1-6 sd L,XRib,rec L; sd R,XLib,rec R; sd L,XRib,sd L(W twirl RF); thru R,fc L,cl R; sd L,draw R,cl R; sd L,draw R,cl R;

TAG

1-4 **APART, POINT ; TOGETHER , TOUCH (BFLY) ; WALTZ AWAY & TOGETHER ;;**

1-4 bk L,pt R,-; fwd R BFLY,tch L,-; fwd L trng away,fwd R,cl L; fwd R trng in,sd L,cl R; BFLY

5-9 **BALANCE LEFT & RIGHT ;; CANTER TWICE ;; LUNGE SIDE ;**

5-9 sd L,XRib,rec L; sd R,XLib,rec R; sd L,draw R,cl R; sd L,draw R,cl R; sd L,-,-;

Many thanks to David and Dolly Kingsley who introduced me to this wonderful music. They made this dance possible.