

CHOREOGRAPHERS: Russ and Judy Francis, 142 E. 1450 N. Layton, UT, 801-628-4752, Email: rounds-by-russ@comcast.net
MUSIC: MP3 Download Amazon.com "Their Hearts Are Dancing" Artist: The Forrester Sisters
FOOTWORK: Opposite For Woman Except Where Noted
NOTE: May use [Option fwd/lck/fwd – or – bk/lck/bk] where applicable
RHYTHM: WALTZ
DANCE LEVEL: Phase IV+1 (Hinge)
SPEED: 44 RPM
RELEASED: JAN 2011

SEQUENCE: INTRO – A – B – C – INT – A – B – C – END

INTRO

1 – 6 **CP FCNG DIAG RLOD/WALL "TRAIL FEET FREE" WAIT;; BOX FIN – OUT; CHG OF DIR; 2 LFT TRNS;;**
(Box Fin - Out) Bk R, trng ¼ lft fc sd L, clo R to CP diag LOD/WALL; **(Chg Of Dir)** Fwd L, trng ¼ lft fc sd R, drw-tch L to CP diag LOD/COH; **(2 Lft Trns)** Trng 3/8 lft fc fwd-trn L, sd R, clo L; trng 3/8 lft fc bk-trn R, sd L, clo R to CP diag LOD/WALL;

PART A

1 – 7 **WHISK; IN & OUT RUNS;; THRU & CHASSE – BJO; FWD & FWD/LCK/FWD; MANUV; SPIN TRN;**
(Whisk) Fwd L, fwd R with slight rise, hook L bhnd to SEMI diag LOD/COH; **(In & Out Runs)** In SEMI diag LOD/COH fwd R, cross in frnt of Woman sd & bk L to BJO diag RLOD/WALL, bk R; bk L, pvt ¼ rt fc bk R, pvt ¼ rt fc fwd L to SEMI diag LOD/COH; **(Woman fwd L, fwd R, fwd L; fwd R, pvt ¼ rt fc fwd L, pvt ¼ rt fc fwd R;)**
(Thru & Chasse – Bjo) Thru R-, trng ¼ rt fc sd L/clo R, sd & fwd L **(Woman sd & bk R)** to BJO diag LOD/WALL;
(Fwd & Fwd/Lck/Fwd) Fwd R-, fwd L/lck R bhnd **(Woman lck in frnt)**, fwd L to BJO diag LOD/WALL; **(Manuv)** Fwd R, trng 3/8 rt fc sd L, clo R to CP/RLOD; **(Spin Trn)** Bk L, pvtng ¾ rt fc with slight rise fwd R, rcvr sd & bk L to CP diag LOD/WALL; **(Woman fwd R, pvtng ¾ rt fc bk L with slight rise brush R to L, fwd R;)**

8 – 15 **BOX FIN; ONE LFT TRN; HVR CORTE – BJO; BK WHISK; WEAVE – BJO;; MANUV; SPIN TRN;**
(Box Fin) Bk R, trng ¼ lft fc sd L, clo R to CP diag LOD/COH; **(One Lft Trn)** Trng ¼ lft fc fwd-trn L, sd R, clo L to CP diag RLOD/COH; **(Hvr Corte – Bjo)** Trng 1/8 lft fc bk R, trng 3/8 lft fc sd & fwd L with slight rise, rcvr R to BJO diag LOD/WALL; **(Bk Whisk)** Bk L, trn slightly rt fc sd R, hook L bhnd to SEMI diag LOD/COH; **(Weave – Bjo)** Thru R, trng ¼ lft fc fwd L to CP/COH, sd & bk R to BJO RLOD/COH; trng ¼ lft fc sd & bk L to CP diag RLOD/WALL, trng ¼ lft fc sd & fwd R to CP diag LOD/WALL, fwd L to BJO diag LOD/WALL; **(Woman thru L, trng ½ lft fc sd & bk R to CP, sd & fwd L to BJO; sd & fwd R to CP, trng ¼ lft fc sd & fwd L, bk R;)** **(Manuv)** Fwd R, trng 3/8 rt fc sd L, clo R to CP/RLOD; **(Spin Trn)** Bk L, pvtng ¾ rt fc with slight rise fwd R, rcvr sd & bk L to CP diag LOD/WALL; **(Woman fwd R, pvtng ¾ rt fc bk L with slight rise brush R to L, fwd R;)**

16 ½ **BOX BK – SD/CAR;**
(1/2 Box Bk – Sd/Car) Bk R, sd L, clo R to SD/CAR diag LOD/WALL;

PART B

1 – 7 **CROSS HVR -3 TIMES – SEMI;; CHAIR-RCVR-SLIP; TELEM – SEMI; HVR FALLAWY; SLIP PVT – BJO;**
(Cross Hvr -3 Times – Semi) Fwd L, fwd R with slight rise, trng ¼ lft fc sd & fwd L to BJO diag LOD/COH; fwd R, fwd L with slight rise, trng ¼ rt fc sd & fwd R to SD/CAR diag LOD/WALL; fwd L, fwd R with slight rise, trng ¼ lft fc sd & fwd L to SEMI diag LOD/COH; **(Chair-Rcvr-Slip)** Chair thru R, rcvr L, bk R to CP diag LOD/COH; **(Woman chair thru L, rcvr R, swiv ½ lft fc slip fwd L;)** **(Telem – Semi)** Trng ¼ lft fc fwd-trn L, trng ¼ lft fc sd & bk R, trng ¼ lft fc sd & fwd L to SEMI diag LOD/WALL; **(Woman bk-trn R, trng ¼ lft fc bk-clo L, with heel trn sd & fwd R;)**

8 – 12 **CROSS PVT – SD/CAR; TWINK – BJO; FWD & TCH; IMP – SEMI; WEAVE -3 – BJO;**
(Hvr Fallawy) Fwd R, fwd L with slight rise, rcvr R to SEMI diag LOD/WALL; **(Slip Pvt – Bjo)** Bk L, bk R, trng slightly lft fc sd & fwd L to BJO diag LOD/WALL; **(Woman bk R, trng ½ lft fc fwd L, trng slightly lft fc bk R;)**
(Cross Pvt – Sd/Car) Fwd R, pvtng ¼ rt fc sd & fwd L, pvtng ¼ rt fc sd & fwd R to SD/CAR diag LOD/COH;
(Twink – Bjo) Fwd L, trng ½ lft fc sd & fwd R, clo L to BJO diag RLOD/WALL; **(Fwd & Tch)** Fwd R-, tch L to BJO diag RLOD/WALL-; **(Imp – Semi)** Trng ½ rt fc bk L, clo R, with heel trn sd & fwd L to SEMI diag LOD/COH; **(Woman pvtng ¼ rt fc fwd R, pvtng ½ rt fc bk L, fwd R;)** **(Weave -3 – Bjo)** Thru R, trng ¼ lft fc fwd L to CP/COH, sd & bk R to BJO RLOD/COH; **(Woman thru L, trng ½ lft fc sd & bk R to CP, sd & fwd L to BJO;)**

13 – 16 **BK RT TRNG HVR – SEMI; CHAIR-RCVR-SLIP; 2 LFT TRNS;;**
(Bk Rt Trng Hvr – Semi) Trng 1/8 rt fc bk L, trng 1/8 rt fc sd & bk R with slight rise, fwd L to SEMI diag LOD/COH;
(Chair-Rcvr-Slip) Chair thru R, rcvr L, bk R to CP diag LOD/COH; **(Woman chair thru L, rcvr R, swiv ½ lft fc slip fwd L;)** **(2 Lft Trns)** Trng 3/8 lft fc fwd-trn L, sd R, clo L; trng 3/8 lft fc bk-trn R, sd L, clo R to CP diag LOD/WALL;

PART C

1 – 6 **HVR; WEAVE – BJO;; MANUV; HESIT CHG; TRN LFT & CHASSE – BJO; BK & BK/LCK/BK;**
(Hvr) Fwd L, fwd R with slight rise, trng ¼ lft fc sd & fwd L to SEMI diag LOD/COH; **(Weave – Bjo)** Thru R, trng ¼ lft fc fwd L to CP/COH, sd & bk R to BJO RLOD/COH; trng ¼ lft fc sd & bk L to CP diag RLOD/WALL, trng ¼ lft fc sd & fwd R to CP diag LOD/WALL, fwd L to BJO diag LOD/WALL; **(Woman thru L, trng ½ lft fc sd & bk R to CP, sd & fwd L to BJO; sd & fwd R to CP, trng ¼ lft fc sd & fwd L, bk R;)** **(Manuv)** Fwd R, trng 3/8 rt fc sd L, clo R to CP/RLOD; **(Hesit Chg)** Trng ¼ rt fc bk L, trng ¼ rt fc sd R, drw-tch L to CP diag LOD/COH;
(Trn Lft & Chasse – Bjo) Trng ¼ lft fc fwd L-, sd R/clo L, sd & bk R to BJO diag RLOD/COH; **(Bk & Bk/Lck/Bk)** Bk L-, bk R/lck L, bk R to BJO diag RLOD/COH;

7 – 12 **ONE RT TRN – LOD; MANUV; HESIT CHG; 2 LFT TRNS;; WHISK; THRU & CHASSE – SEMI – TWICE;;**
(One Rt Trn - Lod) Trng ¼ rt fc bk-trn R, sd L, clo R to CP diag LOD/COH; **(Manuv)** Fwd R, trng 5/8 rt fc sd L, clo R to CP/RLOD; **(Hesit Chg)** Trng ¼ rt fc bk L, trng ¼ rt fc sd R, drw-tch L to CP diag LOD/COH; **(2 Lft Trns)** Trng 3/8 lft fc fwd-trn L, sd R, clo L; trng 3/8 lft fc bk-trn R, sd L, clo R to CP diag LOD/WALL; **(Whisk)** Fwd L, fwd R with slight rise, hook L bhnd to SEMI diag LOD/COH; **(Thru & Chasse – Semi - Twice)** Thru R-, trng ¼ rt fc sd L/clo R, sd & fwd L; thru R-, trng ¼ rt fc sd L/clo R, sd & fwd L to SEMI diag LOD/WALL;

16 **MANUV;**
(Manuv) Fwd R, trng 3/8 rt fc sd L, clo R to CP/RLOD;

INT

1 – 6 **IMP - SEMI; CHAIR-RCVR-SLIP; 2 LFT TRNS;; SWY L & R;;**
(Imp – Semi) Trng 3/8 rt fc bk L, clo R, with heel trn sd & fwd L to SEMI diag LOD/COH; **(Woman pvtng ¼ rt fc fwd R, pvtng ½ rt fc bk L, fwd R;)** **(Chair-Rcvr-Slip)** Chair thru R, rcvr L, bk R to CP diag LOD/COH; **(Woman chair thru L, rcvr R, swiv ½ lft fc slip fwd L;)** **(2 Lft Trns)** Trng 3/8 lft fc fwd-trn L, sd R, clo L; trng 3/8 lft fc bk-trn R, sd L, clo R to CP diag LOD/WALL;

REPEAT PARTS “A” - “B” & “C”

END

1 – 5 **SPIN TRN; BOX FIN; DRAG HESIT – BJO; BK & BK/LCK/BK; BK RT TRNG HVR – SEMI;**
(Spin Trn) Bk L, pvtng ¾ rt fc with slight rise fwd R, rcvr sd & bk L to CP diag LOD/WALL; **(Woman fwd R, pvtng ¾ rt fc bk L with slight rise brush R to L, fwd R;)** **(Box Fin)** Bk R, trng ¼ lft fc sd L, clo R to CP diag LOD/COH;
(Drag Hesit – Bjo) Fwd L, trng ¼ lft fc sd R, drw-tch L to BJO diag RLOD/COH; **(Bk & Bk/Lck/Bk)** Bk L-, bk R/lck L, bk R to BJO diag RLOD/COH; **(Bk Rt Trng Hvr – Semi)** Trng 1/8 rt fc bk L, trng 1/8 rt fc sd & bk R with slight rise, fwd L to SEMI diag LOD/COH;

6 – 9 **CHAIR-RCVR-SLIP; 2 LFT TRNS;; HINGE;**
(Chair-Rcvr-Slip) Chair thru R, rcvr L, bk R to CP diag LOD/COH; **(Woman chair thru L, rcvr R, swiv ½ lft fc slip fwd L;)** **(2 Lft Trns)** Trng 3/8 lft fc fwd-trn L, sd R, clo L; trng 3/8 lft fc bk-trn R, sd L, clo R to CP diag LOD/WALL;
(Hinge) Trng slightly lft fc sd & bk L lower & hold to CP diag LOD/COH-; **(Woman trng slightly lft fc sd & bk R, cross L bhnd & lower slide R between Man’s feet no wgt;)**