

A Tender Heart

DANCE BY : Dwain & Judy Sechrist, 2148 E. Bighorn Mtn. Dr., Oro Valley, Az. 85737  
 RECORD : DJR 330 A (SP available from choreographer)  
 FOOTWORK : Lady opposite (except as noted)  
 RHYTHM : Waltz PHASE: 6 SPEED: 44 (or slow to suit)  
 SEQUENCE : A, B, B(Mod), C, End Feb. 2000

A SEQ

1-4 RAISE ARMS ; R SWAY ; REC & CURL ; FWD M SWVL (W DEVELOPE) ;  
 1 - - - {Wait pickup then raise arms} In Tandem position both fcg LOD (W in on L ft with R ft back arms down at side slowly raise arms [L arm t [Same footwork 11 Meas.]  
 2 1- - {R Sway} Rec to R Sway Line trng bodies RF fcg DRW [L arm twd WL &  
 3 12 - {Rec & Curl} Rec L, fwd R LOD both arms up spiral LF to, sitline bo XIF toward RLOD both arms extended to side;  
 4 12 - {Develope} Fwd L swivel LF to hnd shake, - , - ( fwd L, develope, -  
 5-8 W SYNC R TRN (WL) ; R LUNGE W/ARM SWEEP ; W ROLL TO SHAD ; R UNDERARM LOOP  
 5 12 - {W Sync R Trn} Rec R trng RF raise jnd hnds to lead W's RF Trn, cl (12&3) fcg WL w/right hnds still joined (fwd trng RF R,L/R,L passin  
 6 1- - {R Lunge w/L arm sweep} Lunge sd R, sweep L arms up & across the bo palms up L;  
 7 123 {W inside Trn to Shad LOD} Rec L trng LF lead W's LF trn release R R, fwd L join L hnds with R hnd at W's waist (Rec trng LF L,R,L to  
 8 123 {R Underarm Loop} Both roll LOD trng RF undr jnd L hnds R, L, R rel  
 9-12 FWD TO VARS & CK ; SLO BODY BEND ; TO LAYBK DEVELOPE ; W SYNC LF SPIN (1/  
 9 123 {Fwd to Varsouvianne} Fwd L, R, ck fwd L to Vars [High R hnd hld];  
 10 - - - {Body Bend} Bend forward as sweep both jnd hands over head & down t  
 11 1 - - {To Layback Develope} Rec R trng to fc WL jnd hnds [R over L] over as she does Develope, - , - (Rec R, layback upper body level to floo  
 12 123 {W Sync Free LF Spin to 1/2 OP} Fwd LOD L, fwd R, L to 1/2 OP LOD ( (1&23) L,R);  
 13-16 OPEN NATRL ; OTSD SWVL & LILT PIVOT ; RIPPLE CHASSE (SCP) ; M UNDER ARM W/  
 13 123 {Open Natural} Fwd R, fwd & sd L, bk R (Fwd L, R, L);  
 14 123 {Outside Swivel & Lilt Pivot} Bk L lead W to otsd swivel, rec R ris 1/8 LF trn, small fwd L (Fwd R, swivel RF, fwd L rise on L trng to  
 15 12&3 {Ripple Chasse to SCP} Bk R w/R sway, sd L/cl R to neutral, sd L to  
 16 123 {M Underarm w/hnd chg} Fwd R, fwd L trng LF undr jnd hnds, bk R to  
 17-18 W SYNC RF SPIN ; SAME FOOT LUNGE ;  
 17 123 {W Sync RF Spin} Bk L initiate W's RF free spin, sd R, cl L to fc C (12&3) with R arm high on W's back (Fwd R, free RF spin L/R, L rais fc DRW);  
 18 1- - {Same Foot Lunge} Depress on L as step sd & fwd R, xfr full wt to R XRIB, xfr full wt to R, -);

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B SEQ

1-4 HOVER (BJO) ; OPN IMPETUS ; W ROLL ACRS (LOP) ; SOLO ROLL ;  
 1 -23 {Hover to BJO} Lead W to rec fwd, rec L trng LF, bk R BJO fcg RLOD (123) w/hover trng LF, fwd L);  
 2 123 {Open Impetus} Bk L, heel trn chg to R, sd & fwd L DLC (Fwd R, sd L  
 3 123 {W Roll Across LOP} Fwd R, L, R to LOP LOD (Fwd L trng RF, sd R trn  
 4 123 {Inside Solo Roll} Thru L trng LF, sd R trng LF, fwd L trng LF to f  
 5-8 FALWY RONDE & SLIP PVT ; OPN TELE ; OPN IN & OUT RUNS (TO SCP); ;  
 5 &123 {Fallaway Ronde & Slip Pivot} With slight spring action sd R to fc bk R slip pivot trng LF LOD (Sd L to fc ptrn/ ronde R CW, bk R, fwd  
 6 123 {Open Telemark} Fwd L, fwd & sd R trng LF, sd & fwd L½ OP DLW (Bk R sd & fwd R);  
 7 123 {M In & Out Run to L Half-OP} Fwd R, fwd L trng RF, fwd R to L½OP L

8 123 {W In & Out Run to SCP} Fwd L, R, L (Fwd R, fwd L trng RF, fwd R to  
 9-12 SYNC PIVOTS ; ; WING ; CLOSED TELE ;  
 9 1&23 {Sync Pivot to SCP} Fwd R trng RF/bk L CP pivoting RF, sd & bk R, f  
 fwd R pivoting RF, bk L trng RF, sd & fwd R); [1 full RF turn]  
 10 4&56 {cont. Sync Pivot to SCP DLC} Repeat Meas. 9  
 11 1- - {Wing} Thru R trng body LF leading wing, -, - (Thru L trng LF, fwd R  
 (123))  
 12 123 {Closed Telemark} Fwd L, fwd & sd R trng LF, sd & fwd L CP DLW (Bk  
 sd & bk R);  
 13-16 NATRL HOVER X ; ; TELE TO THROWAWAY ; ;  
 13 123 {Natural Syncopated Hovercross} Fwd R, fwd & sd L trng RF, sd & fwd  
 14 4&56 {cont } XLIF SCAR/rec R, sd L, XRIF CBJO (XRIB SCAR/rec L, sd R sma  
 15 123 {Telemark to} Fwd L, fwd & sd R trng LF, bk L CP fcg RLOD delayed w  
 (Bk R, heel trn chg L, fwd R delayed wt chg); [the Telemark is u  
 16 4-- {Throwaway Oversway} Take full wt to L trng upper body quickly LF,  
 chg upper body to oversway line, extend R sd & bk (Take full wt to  
 R as extend L sd & bk, extnd to oversway line);  
 17-20 SWVL TO SAME FT; X HOVER (BJO) ; OPN IMPETUS ; QK OPN REV & SLIP ;  
 17 123 {Swivel to Same Foot Lunge Line} Recover from Throwaway trng RF lea  
 cl R, depress on R as extend L to Lunge Line (Rise on R swivel RF,  
 18 -23 {Cross Hover to BJO} Hold as lead W to step fwd, fwd L CP trng LF w  
 (123) (Fwd L trng LF, bk R small step CP hover trng LF, sd & fwd  
 19 123 {Open Impetus} Bk L, heel trn chg to R, sd & fwd L DLC (Fwd R, sd L  
 20 12&3& {Quick Open Reverse & Slip} Thru R, fwd L trng LF/sd R, XLIB then r  
 pvt R trng LF (Thru L trng LF, bk R/sd L, XRIF then rise trng LF to  
 21-24 TELE LUNGE; W SYNC UNDERARM; STEP TO DEVELOPE; HOVER (SCP);  
 21 123 {Telemark to Open Lunge} Fwd L, fwd & sd R trng LF stop W's movemen  
 DRW retain lead hnd hld extend R arm to sd & up (Bk R, heel trn pre  
 both legs R knee behind L extend L arm to side & up);  
 22 --- {W Syncopated Underarm Turn} Lead W to step fwd & twirl LF, swivel  
 (1&23) to hnd shake (Fwd L/R, L,R trng 1 1/2 LF to fc RLOD);  
 23 1-- {Step to Develope} Fwd R, -, - (Bk L, develope R, -);  
 24 123 {Hover to SCP} Rec L leading W to step fwd, hover on R to SCP, sd &  
 step, sd & fwd L w/hover trng RF, sd & fwd R);

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Repeat B 1-14 (Mod Meas. 1)

1 - 4 OPEN NATURAL ; OPN IMPETUS ; W ROLL ACRS (LOP) ; SOLO ROLL ;  
 1 123 {Open Natural Turn} Fwd R, sd & bk L, bk R CBJO (Fwd L, R, L);  
 5 - 8 FALWY RONDE & SLIP PVT; OPN TELE; IN & OUT RUNS (TO SCP) ; ;  
 9-12 SYNC PIVOTS ; ; WING ; CLOSED TELE ;  
 13-16 NATRL HOVER X ; ; OPN TELE TO QK OVR SWAY & LINK (SCP) ; ;  
 15 123 {Open Telemark to Quick Promenade Oversway} Fwd L, fwd & sd R trng  
 Prom Sway (Bk R, heel trn chg L, sd & fwd R);  
 16 - 56 {cont Oversway & Link to SCP} Change sway, cl R, sd & fwd L SCP;

C SEQ

1-4 NATRL RUNNING WEAVE ; RISING LOCK ; VIENNESE TRN ; LEFT WHISK ;  
 1 1&23 {Natural Running Weave} Thru R trng RF/sd L CP DLW, bk R, XLIB CBJO  
 fwd L, XRIF);  
 2 123 {Rising Lock} Bk R trng LF, sd & fwd L w/rise, XRIB DLC (Fwd L trng  
 3 123 {Viennese Turn} Fwd L, sd & bk R, XLIF fcg RLOD (Bk R, sd L, cl R);  
 4 123 {Left Whisk} Bk R, sd & bk L, XRIB fcg DRW w/R sway (Fwd L, sd & bk  
 5-8 SYNC WHEEL ; 2 SWIVEL PTS ; ; BK HOVER (SCP) ;  
 5 1&23 {Syncopated Wheel} Unwind trng RF to end fcg LOD, - , - (Wheel trng  
 6 12- {Swivel & Point} Bk L, lead W's Swivel as pt R sd & bk, - (Fwd R, sw  
 7 12- {Swivel & Point} Fwd R, lead W's Swivel as pt L sd & fwd, - (Fwd L,  
 bk);  
 8 123 {Back Hover SCP} Bk L, bk R small step with rise trng W to SCP, sd

small step with hover turn to SCP, sd & fwd R);

9-12 CHASSE ; WEAVE (to BJO) ; ; NATRL TRN ;

9 12&3 {Promenade Chasse} Thru R, sd L/cl R, sd L;

10 123 {Weave to BJO} Thru R, fwd L, sd R trng LF (Thru L, sd & bk R to CP

11 456 {cont.} XLIB, bk R trng LF, sd & fwd L BJO (XRIF, fwd L trng LF, sd

12 123 {Natural Turn} Fwd R, fwd & sd L, cl R CP RLOD;

13-16 HESIT CHG ; DBL REV 2 X (WL) ; ; SLO CONTRA CK ;

13 12- {Hesitation Change} Bk L trng RF, sd R cont trn to fc DLC, draw L t

14 12- {Double Reverse} Fwd L, fwd & sd R trng LF, cont. LF trn on R to fc

(12&3) L/sd & fwd R trng LF, XLIF);

15 12- {Double Reverse} Repeat Meas. 14 to fc WL

16 123 {Contra Check} Shape to right as depress into R leg, L fwd, take fu

END

1-6 REC BRSH (SCP) ; CHASSE ; HOVER (BJO) ; BK PREP to ; SAME FT LUNGE ; REC to QK

1 123 {Recover to SCP} Rec R, w/RF body trn brush L to R hover action, sd

2 12&3 {Promenade Chasse} Thru R, sd L/cl R, sd L;

3 123 {Hover to BJO} Thru R, fwd L w/rise, rec R (Thru L, fwd R trng LF w

4 1-- {Back Preparation to} Bk L trng RF, tch R to L, w/left sway (Fwd R

(12-)

5 1-- {Same Foot Lunge} Depress well into L leg as slide R sd & fwd no wt

foot taking full weight, shape to R looking well to R;

6 1-- {Recover to Promenade Oversway} Rec L, to Prom Sway, depress L trng

(12-) Line looking twd RLOD (Rec L, sd R small step, trng body LF looking