

BEWARE MY FOOLISH HEART

Choreographers: MaryAnn Cal Iahan and Milo Molltofts, 5162 Morris Way Fremont, CA 94536 or PO Box 8278 Woodland, CA 95776, maryann.callahan@acer.com, 510-745-0457 or milomolltofts@netscape.net, 530-517-0042 Record: "My Foolish Heart" STAR 132 Available from Palomino Records on Choreographers Footwork Opposite, directions for man (woman in Parentheses) Speed 42-43 RPM Time: 2:15 Phase and Rhythm: Roundalab 4 + 2 + 1 (Outside Spin, Double Reverse, Unphased-Viennese Cross)
Timing: Waltz timing 1,2,3 except where noted Released: April, 2000
Seauence: Introduction, A, B, A, B 1-14, End

INTRODUCTION

- 1-4 SHADOW POS FCG DRC BOTH w/ RT FT FREE LIFT HANDS JND WAIT 1: CROSS CHK REC SD: M CHASSE-W LFC TRN 3 TO BFLY SCAR: FWD-DEVELOPE:
1 In shadow pos fcg DRC both with R ft free and left hands joined wait 1.
2 XRIF checking, rec L rising, sd R trng rfc DLC:
3 12&3(123) Fwd L in Shad Pos, rising fwd R/cls L with lead hand lead W to trn lfc, fwd R (W thru L in Shad Pos fcg DLC **M will lead** W's left hand over hen head, sd R rising trng Xc to fc DRC W's left hand will be overhead, bring down to hen lft side at end of step, bk L) to BFLY SCAR DLW:
4 Chk fwd L, - (IN bk R, bring L knee up and forward of R knee, extend L H)
DLW: _PART A
1-4 OPN FINISH: SYNC TWISTY VINE SCAR: OPN REV_OUTBID CHK RLOD:
1 Bk R, bind to CP sd and fwd L rising, fwd R to CBJO DLC:
2 18,23 Fwd L DLC/sd R trng slightly lfc to step LOD. XLIB, sd R (W bk R DLC across M's line/sd & bk L, XRIF sd and bk L) to SCAR DLC:
3 Fwd L trng lfc, coot trng rising sd R. bk L to CBJO DRC:
4 Bk R trng lfc, sd and fwd L. chl fwd R to CBJO RLOD:
5-5 IMPETUS SCP: WEAVE BJO: FWD-DEVELOPE:
5 Bk L trng rk: , cls R heel trn coot trng rfc w/ rise, fwd L to SCP DLC:
6-7 Fwd R. fwd L trng lfc rising CP, sd and bk R: bk L to CBJO, bk R trng lfc rising, sd and fwd L to CBJO LOD:
8 Chk fwd R, . (W bk L. bring R knee up and forward of L knee, extend R ft) LOD:
9-12 BK HVR SCP DLC: SLOW SD LK DLC: DBL REV SPIN: HVR TELEMK:
9 Bk L bind to CP, sd and bk R rising, fwd L to SCP DLC:
10 Thru R, sd and fwd L slight lfc trn rising to CP, XRIB (W thru L trng lfc, , sd and bk R rising, XLIF) DLC:
11 123(12&3) Fwd L trng lfc, sd and fwd R rising cont spin lfc, tch L (W bk R draw L to R. trn lfc on R heel transfer weight to L /fwd R trn lfc rising, cont trn XLIFR) to CP DLW:
12 Fwd L, sd and fwd R rising, fwd L trng rfc to SCP DLW:
13-16 CRS PVT SCAR: CRS HVR SCP: VIENNESE CROSS: HVR CORTE DLW:
13 Fwd R acts W trng rfc, sd L coot trng w/rise, fwd R (W fwd L trng rfc, fwd R between M's (f coot trng w/ rise, sd and bk L) to SCAR DLC:
14 Fwd L, fwd R rising bind CP, fwd L to SCP DLC:
15 123& Thru R, fwd L trng lfc to DRC, sd and fwd R coot lfc trn rising/XLIF (W thm L, trng lfc fw d and sd R to DLW, coot. lfc sd and bk Ucls R) to CP RLOD:
16 Bk R trng lfc, sd and fwd L twd DLW rising, rec R to CBJO

5-8 DBL REV SPIN: HVR TELEMURK: OPN NAT: BK HVR TELEMURK:

- 5 123(12&3) Fwd L trng lfc, sd and fwd R rising cont spin lfc, tch L (W bk R draw L to R, trn lfc on R heel transfer weight to L/fwd R trn lfc rising, cont trn XLIFR) to CP DLW;
6 Fwd L, sd and fwd R rising, fwd L trng do to SCP DLW;
7 Fwd R acrs W, sd and fwd L rising trng rfc, bk R (W fwd L, fwd R, fwd L) to CBJO DRC;
8 Bk L trng dc. cont trng sd and fwd R rising, fwd L to SCP LOD;

9-12 M CHASSE-W RFC TRN 3 TO SKTRS: NAT HVR FALLAWY: OUTSD CHG: FWD-W OK STEP RONDE BFLY BJO:

- 9 12&3(123) Thru R, sd Lids R, sd L (W fwd trng RFC L,R,L) to SKTRS DLW;
10 With M's and W's III hand joined and M's d hand on W's d hip/Waist both with R foot free fwd R twd wall trng dc. fwd L rising trng do toward DRW, bk R to cont fog DRW in SKTRS:
11 In skaters both with L foot free bk L, bk R rising trng lfc, sd and fwd L to DLW in SKTRS;
12 123(1&23) Staying low in knees no rise fwd R leading W fwd, with lf hand lead to create swvl action-; (W small fwd R/small fwd L M will lead swvl action wth, joined lit hands on 2' step, swvl lfc on L w/a R foot floor ronde,-) to BFLY BJO;

13-16 BK, SLOW OUTBID SWVL SCP: THRU, DBL CHASSE CP: WHSK: THRU, SD DRAW DLW:

- 13 Staying low no rise bk L, XRIF no weight: (W fwd R, swvl rfc on R f,-) to CP LOD;
14 12&3& Fwd R, rising trng do sd/cfs, sd/cfs (W fwd L, rising trng lfmc sd/cfs, sd/cfs to CP DLW);
15 Fwd L, sd and fwd R begin rising, XLIB finish rise to balls of feet to SCP DLC;
16 Thru R, fwd and sd L to CP with lf side stretch, slowly draw R to instep of L
to CP DLW: _END

1-2 TWRL VN 4: SLOW OVERSWAY:

- 1 1234 With chg in music temp even count sd L, XRIB, sd L, XRIF (W twirl rfc underload hnds R,L,R,L) SCP:

- 2 SS Sd L stretch lf sd look over lead hands,-, relax left knee trn upper body slightly lf fc with R

extended RLOD,-: BEWARE MY FOOLISH HEART

QUICK CUES

, B, A, B 1-14, End Speed: 42-43 RPM INTRODUCTION 1-4 SHADOW POS FCG DRC BOTH w/ RT FT FREE LIFT

HANDS JND WAIT 1; CROSS CHK REC SD; M CHASSE-W LFC TRN 3 TO BFLY SCAR: FWD-

DEVELOPE:

_PART A

1-4 OPN FINISH; SYNC TWISTY VINE SCAR: OPN REV: OUTSD CHK RLOD:

5-8 IMPETUS SCP: WEAVE BJO:; FWD-DEVELOPE: