

MY DEAR HEART

CHOREO : Bob & Judith Haworth –Classic Rounds -Hamilton - 5 Montrose Cres. Hamilton New Zealand

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Record : Roper 138-A f/w Sunrise Sunset

Footwork: Opposite (women in parentheses)

Rhythm & Phase: Waltz - Phase IV

Sequence Intro -A.B.A. Int .A.B.A. End - Speed 38

Intro Wait 2 :: APT PT : PKUP SDCR & TCH

1-4 Wait 2 Measures Diag LOD Wall – LOP fcg - apt pt : pkup tch to SCAR DLW

A

1-4 X HOV BJO : MANU : OVER/TRN SPIN TRN : BOX FIN :

- 1 XLIF, sd rise R, rec L to BJO;
- 2 Fwd R, trn RF sd L, cl R (CP RLOD)
- 3 Bk L pvt RF, fwd R cont trn slowly rise comp 7/8 trn to DRW, rec sd & bk L (W fwd R between M' s ft pvt bk L cont trn brush R toL, sd & fwd R)
- 4 Bk R trng L fc, sd L, cl R DLW

5-8 WHISK : WING: TELE SEMI: NAT FALLWAY :

- 5 Fwd L, fwd & sd R rise, XLIB, cont rise to tight SCP DLC
- 6 fwd R draw L to R tch tng body lf fc (W fwd L trng lf, fwd R cont trn, fwd L to SCAR/DLC)
- 7 Fwd L trng lf, sd R cont trn, sd & fwd L to SCP/DLW (W bk R com lf trn, bring L beside R –no wgt, trn lf on R heel, chg wgt to L, sd and slightly fwd R)
- 8 Fwd R , fwd L trn ¼ to DRW, rec bk on R (W fwd L, fwd R btwn m ft, trn rf with slow rise, rec bk on L)

9-12 BK,BK/LK BK : SLIP PIV : FWD, FWD/LK FWD: MANU:

- 9 bk L, bk R bk L lk in front, bk R (bk R, bk L/bk R lk inftr, bk L)
- 10 bk L, bk R trng lf -keep lf leg extended- , fwd L to cbj dlw (bk R, start lf piv ball of ft – thighs locked, lf leg extded, fwd L cont lf trn, bk R)
- 11 fwd R , fwd L, fwd R lk beh L, fwd L:
- 12 fwd R, trn rf sd L, cl R - CP RLOD

13-16 IMP SEMI : THRU CHAS BJO : FWD LDY DEVLOPE : BK HOV SEMI

- 13 bk L, trn rf cl R for heel trn, sd & fwd L SCP DLC; (W fwd R CBMP, trn rf sd L, brush R sd & fwd R to SCP DLC)
- 14 thru R, sd L/cl R, sd L to bjo/dlw (thru L trg fc, sd R –cl L , sd R bjo)
- 15 fwd R outsd ptnr checking: (W bk L ,bring R ft up L leg to knee, extend)
- 16 bk R , sd & bk L rise, rec R (W rec fwd R, fwd L trng to scp, rec fwd R)

B

1-4 THRU CHASSE BJO: MANU: HEST CHG: TELE SEMI:

- 1 thru R, sd L/cl R, sd L to bjo/dlw (thru L trg fc, sd R –cl L , sd R bjo)
- 2 fwd R, trn rf sd L, cl R - CP RLOD
- 3 comm rf upper body trn ,bk L, sd R cont trn, drw L to R to CP DLC
- 4 Fwd l trng LF, sd R cont trn, sd & fwd L to SCP DLW (W bk R com lf trn, bring L beside R –no wgt, trn lf on R heel, chg wgt to L, sd and slightly fwd R)

5-8 IN & OUT RUNS :: THRU SEMI CHASSE : X PIV SCAR

- 5-6 fwd R stat rf trn sd & bk on L to CP, bk R to CBJO, bk L trn rt fc sd & fwd R betwn W feet cont rf trn, fwd L to BJO (W fwd L, fwd R betwn M ft, fwd L CBJO, fwd R st rf trn, fwd & sd L cont trn, fwd R SCP)
- 7 thru R, sd L ,cl R, sd L
- 8 fwd R trng RF , sd L trng, fwd R to SCAR/DLW (W sml fwd L strt rf trn, fwd R betw m ft piv rt fc, sd and bk L to SCAR)

INT

1-4 OPEN NAT : BK,BK/LK/BK: OUTSIDE CHG SEMI: PKUP SCAR:

- 1 fwd R, sd L x ptnr, bk R to contra BJO to DRC (W fwd L, sd R , fwd L)
- 2 bk L, bk R bk L lk in front, bk R (fwd R, fwd L, fwd R lk beh, fwd L)
- 3 bk L, bk R trn L fc, sd & fwd L to SCP (W fwd R, fwd L, sd & fwd R to SCP)
- 4 fwd R, fwd sd L, cl R to SCP/DLW (W fwd L, sml fwd R trng lf fc to CP, cl L)

END

1-4 OPEN NAT : BK,BK/LK/BK: OUTSIDE CHG SEMI: CHAIR & HOLD

- 1 fwd R, sd L x ptnr, bk R to contra BJO/DRC (W fwd L, sd R , fwd L)
- 2 bk L, bk R bk L lk in front, bk R (fwd R, fwd L, fwd R lk beh, fwd L)
- 3 bk L, bk R trn L fc, sd & fwd L to SCP (W fwd R, fwd L, sd & fwd R to LOD)
- 4 fwd R with lunge action and hold