

ONCE THE HEART IS IN LOVE (Einmal von herzen verliebt sein)

Music : Arno Flor Cd.: Zärtliche Music und Du Track# 2 Time 3:19
Available "Chomikuj.pl" or contact the Choreographer

Rhythm : Waltz Phase : V + 2 (Ckd Reverse Slip + Spin & Twist)

Footwork : Opposite , except where (Noted)

Release Date: Sept.2012

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Sequence : **INTRO ABC AB END**

INTRO

01-04 SCP LOD TRL FT FREE WAIT 1 MEASURE ; THRU to a PROM SWAY ; OVERSWAY ; HOVER EXIT to SCP ;

{Wait} SCP LOD trl ft free wt 1 meas ; **{Thru to a Prom Sway}** Thru R, Sd & fwd L twds DLC, stretch R sd gradually to look over the jnd ld hnds usg full meas; **{Over Sway}** [1, -, -] W/o chg wgt relax L knee keepg R leg extended w/ slight LF upper bdy trn & stretch L sd both w/ hd well to L (*W relax R knee & trn upper bdy slowly LF usg full meas*); **{Hover Exit to SCP}** [1, -, 3] Rec R risg & brushg L to R, fwd L to SCP LOD ;

05-08 IN & OUT RUNS ; ; THRU CHASSE to SCP ; SLOW CHAIR & SLIP ;

{In & Out Runs} Trng RF fwd R, sd & bk L to CP RLOD, bk R (*W fwd L, fwd R between M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, cont trn fwd R between W's ft, sd & fwd L (*W trng RF fwd R, cont trn sd L in frnt of M, cont trn fwd & sd R*) to SCP LOD ; **{Thru Chasse to SCP}** [1,2&3] Thru R, sd L to fc ptr /cl R, fwd L to SCP LOD ; **{Slow Chair & Slip}** Ck fwd R w/bent knee, rec L w/ slight LF trn, sm bk R (*W ck fwd L, rec R swvlg 5/8 LF, fwd L*) to CP DLC ;

PART A

01-04 CHECKED REVERSE SLIP ; CURVED FEATHER ; BK BK/LK BK ; OUTSIDE SPIN ;

{Ckd Rev Slip} Fwd L, fwd R trng LF rising strongly & chkg (*W heel trn*), trng RF slip L bk sml step to end CP DLW ; **{Crvd Feather}** Staying in BJO thruout fwd R stg to trn RF, contg RF trn sd & fwd L, contg upper bdy trn fwd R (*W bk L stg to trn RF, bk R bhd L contg to trn RF w/ strong R sd ld, bk L*) ckg to BJO RLOD ; **{Bk Bk/Lk Bk}** [1,2&3] Bk L, bk R/lk Lif, bk R ; **{Outsd Spin}** Trng bdy strongly RF bk L, trng strongly RF fwd R heel to toe, contg trn on R toe sd & bk L (*W trng RF fwd R heel to toe outsd M, contg trn cl L & pvt on toes of both ft, compg trn fwd R btw M's ft*) to CP DRW ;

05-08 TURNING LOCK to BJO ; HOV CROSS w/ SYNCOPATED ENDING ; ; DOUBLE REVERSE SPIN ;

{Trng Lk to BJO} Bk R with right sd lead lk Lif, bk & slightly sd R trn 1/4 LF, sd & fwd L compg trn (*W fwd L with left sd lead lk Rib, fwd & slightly sd L trn 1/4 LF, sd & bk R compg trn*) to BJO DLW ; **{Hov Cross w/ Syncop End}** Fwd right beg RF trn, sd L cont RF trn, fwd R (*W sm bk L com RF trn, fwd R btw M's ft heel to toe pvtg 1/2 RF, sd & bk L*) to SCAR DLW ; Fwd L small step high on toes in SCAR , rec R, blending briefly to CP sd L, XRif to BJO DLC ; **{Double Rev Spin}** [1,2-/W1&2,3] Fwd L comg LF trn, sd R cont LF trn, spin LF on ball of R bringing L beside R w/ no wgt & keepg knees flexed (*W bk R com LF trn on R heel, cont trn on R heel & cl L/sd & bk R contg trn, lk Lif*) to CP DLW ;

09-12 HOVER TELEMAR ; NATURAL WEAVE ; ; OP NATURAL ;

{Hov Telemark} Fwd L, fwd & sd R rising & trng 1/8 RF, sd & fwd L to SCP LOD ; **{Nat Weave}** Fwd R trng RF, sd L, bk R to BJO DRW ; Bk L, bk R inCP trng LF, cont LF trn fwd L to BJO DLW ; **{OP Natural}** Fwd R stg RF trn , cont trn sd & bk L, bk R w/ R sd ld (*W bk L trng RF, fwd R between man's feet , fwd L*) to BJO DRC ;

13-16 TIPPLE CHASSE PIVOT to SPIN & TWIST ; ; ; BOX FINISH ;

{Tipple Chasse Pivot to Spin & Twist} Bk L comm RF trn, cont RF trn sd R/cl L, cont slight RF trn fwd R between W's ft and pvt 1/2 RF to CP almost LOD ; Bk L pivot RF, fwd R heel to ball cont turn, sd L twds DLW (*W fwd R between M's ft pvtg RF, bk L cont trn, cl R*) ; XRib w/partial wgt/unwind RF ch wgt to R, cont turn, stp sd L DLW (*W fwd L/R around M, fwd L turn RF, cl R*) to CP DLW ; **{Box Finish}** Bk R, sd & bk L trng 1/4 LF, cl R to CP DLC ;

PART B

01-04 DIAMOND TURN $\frac{3}{4}$; ; ; BACK $\frac{1}{2}$ BOX TO SCAR ;

{Diamond Trn 3/4} Fwd L trng LF, compg $\frac{1}{4}$ LF trn sd R, bk L to BJO DRC ; Staying in BJO & trng LF bk R, compg $\frac{1}{4}$ LF trn sd L, fwd R to BJO DRW ; Staying in BJO & trng LF fwd L, compg $\frac{1}{4}$ LF trn sd R, bk L to BJO DLW ; **{Bk $\frac{1}{2}$ Box to SCAR}** Bk R, sd L, cl R to SCAR DLW ;

05-08 CROSS CHECK RECOVER SIDE TWICE ; ; CROSS HOVER to SCP ; THRU FACE CLOSE;

{Cross Ck Rec Sd x 2} XLif chkg, rec R, sd L to BJO DLC ; XRif chkg, rec L, sd R to SCAR DLW ; **{Cross Hover to SCP}** XLif, sd R hvrg, rec L (*W XRib, sd & bk L w/ strong RF trn, fwd R*) to SCP LOD ; **{ Thru Fc Cl }** Thru R, sd L to fc, cl R to CP WALL ;

09-12 HOVER ; THRU to a PROM SWAY ; OVER SWAY ; HOVER EXIT to SCP ;

{Hover } Fwd L, sd & fwd R w/ rise, rec to SCP LOD ; **{Thru to a Prom Sway}** Repeat meas 2 INTRO ; **{ Over Sway}** Repeat meas 3 INTRO ; **{Hover Exit to SCP}** Repeat meas 4 INTRO ;

13-16 IN & OUT RUNS ; ; THRU CHASSE to SCP ; CHAIR & SLIP ;

{In & Out Runs} Repeat meas 5,6 INTRO ; **{Thru Chasse to SCP}** Repeat meas 7 INTRO ; **{Chair & Slip}** Repeat meas 8 INTRO ;

PART C

01-04 OP REVERSE TURN ; HOVER CORTE ; BACK WHISK ; SYNCOPATED WHISK ;

{OP Rev Trn} Fwd L com LF trn, trng LF sd R, bk L compg $\frac{3}{8}$ LF trn (*W bk R stg LF trn, cont trn sd L, fwd R outsd ptr*) to BJO RLOD ; **{Hov Corte}** Bk R, trng LF sd & fwd L LOD leavg R leg in pl, compg $\frac{1}{2}$ LF trn rec R (*W fwd L, trng LF sd & fwd R & brush L to R, fwd L*) to BJO DLW ; **{Bk Whisk}** Bk L, bk & sd R, XLib to SCP LOD ; **{Syncop Whisk}** [1&2,3] Thru R / L hip trng twd ptr cl L to CP, sd R, XLib (*W thru L/ R hip trng twd ptr cl R/sd L, XRib*) to SCP LOD ;

05-08 THRU SIDE BEHIND ; ROLL 3 to SCP ; THRU CHASSE to SCP ; WING ;

{Thru Sd Behind} Thru R, sd L to fc ptr, XRib (*W XLib*) ; **{Roll 3 to SCP}** Rollg LF (*W RF*) down LOD fwd L to fc RLOD, cl R spinning on toe to fc LOD, fwd L to SCP LOD ; **{Thru Chasse to SCP}** Repeat Meas 7 INTRO ; **{Wing}** Fwd R twd DLC, draw L, trn upper body LF (*W Xing in frnt of M fwd L, fwd R, fwd L trng upper body LF*) to SCAR DLC ;

09-12 VIENNESE TURNS ; ; TURN LEFT & R CHASSE to BJO ; IMPETUS to SCP ;

{Viennese Trns} Fwd L stg LF trn, sd R cont trn, XLif to fc RLOD (*W bk R stg LF trn, sd L cont trn, cl R*) ; Bk R cont LF trn, sd L cont trn, cl R (*W fwd L cont LF trn, sd R cont trn, XLif*) to CP LOD ; **{Trn Left & R Chasse to BJO}** [1,2&3] Trng LF bk L, cont trn chasse sd R/cl L, sd & fwd R to BJO DLW ; **{Impetus to SCP}** Bk L w/ RF bdy trn, cont trng on L heel & cl R rising to toe, fwd L (*W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn & brush R to L, fwd R*) to SCP DLC ;

13-16 WEAVE SIX to BJO ; ; OP NATURAL ; HESITATION CHANGE ;

{Weave 6 to BJO} Fwd R, fwd L begin LF trn, sd R DRC ; Bk L twd LOD in BJO, bk R trng LF in mom CP, sd & fwd L to BJO DLW ; **{OP Natural}** Repeat meas 12 Part A ; **{Hes Chng}**[1,2-] Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ;

REPEAT PART A

REPEAT PART B

ENDING

01-04 OP REVERSE TURN ; HOVER CORTE ; BACK TWO FLARE & HOOK ; ;

{OP Rev Trn} Repeat meas 1 Part C ; **{Hov Corte}** Repeat meas 2 Part C ; **{Bk 2 Flare & Hook}** Bk L, bk R to SCP LOD, flare CCW L (*W fwd R, fwd L trng $\frac{1}{2}$ RF, flare CW R*) ; XLib, (*W XRib*) & Hold ;