

Beat of Your Heart

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Music: CD Hayley Westenra: Pure - Track 5 (Edited)

Rhythm: Phase V (+ 1 Rudolph Ronde) Slow Two Step

Sequence: Intro – A – Int – B – C – B – Ending

Released February 2008 Version 1.2

Speed: 44 as desired.

INTRO

1 **WAIT ; ; LUNGE BASICS W/ARMS ; ;**

Open pos fc ptr & wall hands at sides ; ; Lunge sd L extend lead arms and look to LOD, -, rec R, lower arms XLIF; lunge sd R extend trailing arms and look to RLOD, -, rec L, lower arms XRIF blending to CP Wall;

Part A

1 - 8 **BASICS ; ; TRAVELLING RIGHT TURN W/OUTSD ROLL ; ; SD BASIC ; OPEN BREAK HANDSHAKE ; CHANGE PLACES UNDERARM ; RUDOLF RONDE LARIAT ;**

(Basic) CP M fcg WALL sd L, -, XRIB, rec L; Sd R, -. XLIB, rec R comm tm RF;

(Travel RT Turn) Cont tm RF crossing IF of W sd & bk L to fc RLOD, -, XRIB, twist tm RF 5/8 on both ft to fc DLW & shift wgt to L (W fwd R btwn M's ft, -, fwd L, R around M RF) end CP M fcg DLW; Fwd R slightly trng RF to fc WALL raising jnd lead hnd to lead W tm RF, -, Sd L, XRIF (W Sd & bk L comm tm RF under jnd lead hnds, -, cont tm RF under jnd lead hnds R, L)

end in LOP Fcg Pos M fcg WALL;

(Side Basic) Sd L, -, XRIB, rec L; (Open Break Handshake) Sd R join R hnds, -, apt L, rec R;

(Change Place) Fwd L twd W's R Sd trng RF to fc COH leading W roll LF & release R hnds, -, sd R twd LOD, XLIF

(W fwd R twd M's R sd spiraling LF to fc WALL, -, Sd L, XRIF) to loose CP M fcg COH;

(Rudolph Ronde Lariat) Sd & slightly fwd R btwn W's ft leading W ronde CW, -, hold 2 cts trng upper body LF to fc RLOD raising L hnd over head to lead W lariat (W sd & fwd L around M ronde R CW, -, XRIB cont walking circling around M, Sd & fwd L) end in LOP both fcg RLOD;

9 - 16 **OUTSIDE ROLL ; BASIC END ; OPEN BASICS ; ; 2 SWITCHES ; ; ; ;**

(Outside Roll) Fwd L trng LF to fc WALL lowering jnd lead hnds, -, sd R raising jnd lead hnds to lead W tm RF under jnd lead hnds, XLIF lowering jnd lead hnds (W fwd R comm rolling RF under jnd lead hnds, -, cont rolling RF L, R to fc M & COH) to LOP WALL;

(Basic End) Sd R to CP, -, XLIB, rec R;

(Open Basics) CP M fcg WALL sd L, -, XRIB to L ½ OP, rec L to fc; Sd R, -. XLIB to ½ OP, rec R comm tm RF;

(Switches) Cont RF trn sd & bk L, - cont trn sd & fwd R to L ½ OP, fwd R (W fwd R btwn M's ft, -, fwd L, fwd R comm. RF trn);

Fwd R btwn W's ft, -, fwd L, fwd R comm. RF trn (W cont RF trn sd & bk L, - cont trn sd & fwd R to ½ OP, fwd R);

Repeat meas 15-16; ;

Interlude

1 - 2 **SIDE BASICS ; SWEETHEART WRAP W/TRANS;**

BFLY M fcg WALL sd L, -, XRIB, rec L; Sd R, -. XLIB binging ld hands around W head to wrap, rec R

(W sd L, -, XRIF trng LF under joined ld hands to wrap pos fc DW,-);

Part B

1 - 8 **SWEETHEART RUN 6 ; ; SWEETHEART SWITCH ; LADY ACROSS ; SHADOW LUNGE BASIC ; SHADOW LUNGE L/TRANS FC ; BASICS ; ;**

(Sweetheart Runs) Wrap pos same foot fwd L, - fwd R, fwd L; Fwd R, -, fwd L, fwd R comm. RT turn;

(Sweetheart Switch) Fwd & sd L across W trn RF fc LOD W on left side (W trng RF sd & bk L cont RF trn L wrap pos), -, fwd R, fwd L;

(Lady Across) Fwd R small step moving W across body, -, fwd L, fwd R (W fwd R across M, fwd L, fwd R) end wrap pos LOD;

(Shadow Lunge Basic) Releasing hands turn to fc wall lunge sd L (W also) extend L arms, - rec R bring arms in, XLIF;

(Shadow Lunge L/Trans Fc) Lunge sd R extnd R arms, -, rec L, cl R (W lunge sd R, rec L trng LF fc M, -) to CP fc wall;

(Basics) CP M fcg WALL sd L, -, XRIB, rec L; Sd R, -. XLIB, rec R comm tm LF (W rec L moving LF in front of M to CP);

(cont Part B)

- 9 - 16 **LEFT TURN BFLY ; BREAK BK W/HEAD LOOP ; UNDERARM TURN STACKED HANDS ; OPEN BREAK ; CHANGE SIDES UNDRARM ; LUNGE BASIC ; UNDERARM TURN ; BASIC END ;**
(L turn Bfly) Fwd L LOD lf trn, -, sd R, XLIF fc COH (W bk R lf trn, -, sd L, XRIF to BFLY fc WALL);
(Bk Bk & W'S Head Loop) Sd R loop M's rt W's lt hds over W's head placing hds on W's rt sh, -, bk L, rec fwd R RLOD
(W sd L loop M's rt W's lt hds over head, -, bk R, rec fwd L RLOD);
(Underarm Turn Stacked Hands) Sd L, -, XRIB lead ptr under dbl hd hold, rec fwd L Stacked Lft over Rt hands fc COH
(W fwd R, -, fwd L rf trn under dbl hd hold, fwd R stacked hands L over R fc ptr & WALL);
(Open Break) Sd R, -, apt L, rec R;
(Change Sides Underarm) Fwd L COH chg sds lead W trn under stacked hds, -, sd R, XLIF dbl hd hold fc WALL
(W fwd R WALL lf trn under stacked hds chg sds, -, sd L, XRIF fc COH);
(Lunge Basic) Lunge sd R, -, rec L, XRIF(W lunge sd L, -, rec R, XLIF);
(Underarm Turn) BFFY M fc WALL sd L, -, XRIB lead W under ld hands, rec L(W sd R, XLIF trng RF under lead hands, fwd R trng to fc M);
(Basic End) CP Sd R, -, XLIB, rec R comm tm LF (W rec L moving LF in front of M to CP);

Part C

- 1 - 8 **TRIPPLE TRAVELLER ; ; ; TUNNEL EXIT TO REV ; OUTSIDE ROLL ; BASIC END ; UNDERARM TURN ; BASIC END P/U;**
Fwd L trng slight LF fc DC, -, sd & fwd R, fwd L(W bk R trng LF, -, sd L trng LF under lead hands, cont LF trng bk R fc wall);
Fwd R spiral LF under joined hands, -, fwd L, fwd R (W trn fc LOD fwd L, -, fwd R, fwd) bringing hands to shoulder level;
Fwd L bringing joined hands down & bk, - fwd R, fwd L bringing hands up & around leading W to roll RF
(W fwd R comm. RF turn, - sd & bk L trng RF under joined hands, cont RF trn fwd R);
Fwd R chking leading W around in front to wall, - rec L, fwd R trng LF fc RLOD joined hands over M's head
(W fwd L around M, - fwd R, fwd L fc RLOD) end LOP fc RLOD;
Fwd L bringing joined hands down & bk, - fwd R, fwd L bringing hands up & around leading W to roll RF
(W fwd R comm. RF turn, - sd & bk L trng RF under joined hands, cont RF trn fwd R);
(Basic End) Blending to CP sd R to CP, -, XLIB, rec R;
(Underarm Turn) Sd L, -, XRIB, rec L leading W to trn RF under joined lead hands (W sd R comm. RF trn, -, fwd R trng RF, fwd R to RLOD trng to fc M);
(Basic End P/U) Sd R to BFLY, -, XLIB, rec R trng LF picking up W to low BFLY(W rec L trng LF to fc M low BFLY);
- 9 - 16 **3 TRAVELLING CROSS CHASSES ; ; ; PASSING TRAV CROSS CHASSE ; PULL PASS ; L RONDE INSIDE UNDERARM TURN ; WRAP SHADOW LUNGE ; SLOW ROCKS;**
(Travel Cross Chasses) With hands at waist level elbows in fwd L trng slight LF, -, sd & fwd R, XLIF
(W bk R slight LF trn, -, bk & sd L, XRIF); Trng RF fwd R, -, sd & fwd L, XRIF(W bk L trng RF, - bk & sd R, XLIF);
Trng LF fwd L, -, sd & fwd R, XLIF(W bk R slight LF trn, -, bk & sd L, XRIF);
(Passing Trav Cross Chasse) Fwd R trng RF fc Wall, -, sd L passing W cont trn, XRIF(W bk L trng RF fc COH, -, small sd R cont trn, XLIF) end M fc RLOD;
(Pull Pass) Bk L comm. RF trn, - sd & bk R leading W to pass by to LOD, -(W fwd R, - fwd L, fwd R);
(L Ronde Inside Underarm Turn) Trn to fc LOD stopping W's fwd movement leading W to trn RF, -, -,
lead W under lead hands to wrap small step bk L(W fwd L trng RF/ronde R CW, -, XRIB, trng LF under lead hands fwd L);
(Wrap Shadow Lunge) Sd R completing wrap lowering hands in front of W, -, slight lower on R, -;
(Slow Rocks) Fwd L, -, rec R, -;

ENDING

- 1 - 8 **TRIPPLE TRAVELLER ; ; ; TUNNEL EXIT TO REV ; OUTSIDE ROLL ; BASIC END ; SD TO HINGE ; EXTEND ARMS;**
Repeat measures 1 - 6 of part C ; ; ; ; ;
(Hinge) Blending to CP fc Wall sd L, -, cont slight LF trng lower on L, -(W sd R trng LF, -, cL to R, cont LF body trn comm. lower on L extend R to RLOD look well to left); continue slight lowering release lead hands W place R hand on M's L shoulder both extend L arms out to side, -, -, -;