

# MY HEART '99

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RECORD: TNT 145 SPEED: 40 RPM

RHYTHM: Waltz RAL PHASE II

SEQUENCE: INTRO—A—B—A—B—END

MEAS: INTRO

**1-4 BFLY WALL WAIT 2 MEAS; ; TWISTY BAL L: SD, DRAW, TCH:**

1-4 BFLY/W wait 2 meas; ; Sd L, R bhnd L, rec L (W X in frnt); Sd R, draw L, tch;

PART A

**1-4 WALTZ AWAY: WRAP THE W: FWD WALTZ: FWD POINT:**

1-2 Fwd L trn awy, sd R, cl L to R: Fwd waltz R, fwd L, cl R to L  
(W wraps Lf L, R, L to M's R sd);

3-4 In wrapped pos fwd L, fwd R cl L to R; Fwd R, Point L LOD,-;

**5-8 BK TWINKLE LOP/RLOD: BK TWINKLE TO FC/BFLY: CHNG SDS: AROUND TO FC BFLY:**

5-6 Release R hnd hold retaining lead hnds bk L RLOD trn to fc prt, fwd R RLOD, cl L to R LOP/  
RLOD; Bk R trn fc ptr/WALL, sd L, cl R to L BFLY/WALL;

7-8 Chng sds f wd L, R, cl L (W under lead hnds R,L, cl R); ; Around to fc COH R, L, cl R;

**9-16 REPEAT MEAS 1-8 RLOD END CP/WALL: : : : : :**

PART B

**1-8 LEFT TURN BOX: : : : TWISTY VINE 3: MANUEVER SD CL: TWO RT TRNS: :**

1-4 Fwd L trn Lfc \_\_, sd R, cl L to R; Bk R trn Lfc \_\_, sd L, cl R; Repeat meas 1 & 2 Pt B; ;

5-6 Sd L, XRIB, sd L (W Sd R, XLIF, sd R) BJO; Fwd R trng frnt of W, sd L, cl R CP/RLOD  
(W bk L trng Rfc fc LOD, sd R, cl L);

7-8 Bk L trn Rfc, sd R trn Rfc, cl L CP/LOD; Fwd R trn Rfc, sd L, cl R CP/WALL;

**9-16 LEFT TRN BOX: : : : TWIRL VINE 3: THRU FC CL BFLY: CANTOR TWICE : :**

9-12 Repeat meas. 1-4 Part B ; ; ; ;

13-14 Sd L, XRIB of L, Sd R (W Rfc twirl under jnd lead hnds R,L,R); Thru R twd LOD, fwd L trn to fc  
BFLY, cl R;

15-16 Sd L LOD, draw R to L, cl R; Repeat meas 15;

END

**1-8 WALTZ AWAY AND TOGETHER: ; STEP SWING: SPIN MANUV: TWO RT TRNS: ; TWIRL VINE 3: POINT THRU LOD:**

1-2 Fwd L trn LOD to OP, sd R trn slightly bk to bk, cl L; Fwd R LOD trn to fc, sd L BFLY/WALL, co R;

3-4 Fwd L, swing R fwd keeping toe low, -; Release hnd hold & manuv fc RLOD on R, sd L, cl R to L  
(W Lfc spin L,R, L) CP;

5-6 Repeat meas 7 & 8 Part B

7-8 Repeat meas 13 Part B; Trn to OP raise outside hnds pt R thru;