

# TRUE LOVE WAYS



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**RHYTHM:** Bolero **RAL PHASE:** IV+2 (Cuddle, Half Moon)

**MUSIC:** True Love Ways **ARTIST:** Martina McBride

**MUSIC PREVIEW (Original Tempo):** [youtube.com](https://www.youtube.com)

**TIME:** 2:48 @ 51-52 RPM

**FOOTWORK:** Opposite except where indicated

**SEQUENCE:** INTRO AB A(MOD) C B A(MOD) ENDING

**DIFFICULTY:** Average

**ALBUM:** Timeless

**DOWNLOAD:** [amazon.com](https://www.amazon.com)

**RELEASED:** February 2023

## MEAS:

## INTRO

### 1 WAIT 1 MEASURE;

1 CUDDLE WALL wt 1 meas ;

## PART A

### 1-4 HIP LIFT; CUDDLE 2x; ; HIP LIFT;

1-2 Sd L bringing R to L, -, w/ slight pressure on R lift hip, lower hip ; sd R w/ R sd stretch, -, sd L w/ L sd stretch, rec R chg to R sd stretch to CUDDLE (sd L w/ L sd stretch trng ½ RF, -, bk R w/ R sd stretch xtnd free arm out to the sd, rec L chg to L sd stretch trng ½ LF to CUDDLE) ;

3-4 Sd L w/ L sd stretch, -, sd R w/ R sd stretch, rec L chg to L sd stretch to CUDDLE (sd R w/ R sd stretch trng ½ LF, -, bk L w/ L sd stretch xtnd free arm out to the sd, rec R chg to R sd stretch trng ½ RF to CUDDLE) ; sd R bringing L to R, -, w/ slight pressure on L lift hip, lower hip ;

### 5-8 CROSS BODY; FORWARD BREAK; UNDERARM TURN; OPEN BREAK;

5-6 Sd & bk L trng LF, -, bk R w/ slpg action trng LF, fwd L trng LF to COH (sd & fwd R, -, fwd L Xing in frnt of M trng LF, sm sd R) ; sd & fwd R w/ bdy rise to LOP-FCG COH, -, fwd L w/ contra ck like action, bk R ;

7-8 Sd L w/ bdy rise, -, XRib of L lowering, fwd L (sd R w/ bdy rise comm RF trn undr jnd ld hnds, -, XLif lowering & cont trng ½ RF, fwd R comp RF trn to fc ptr) ; sd & fwd R w/ bdy rise to LOP-FCG, -, bk L lowering, fwd R ;

### 9-12 FENCE LINE w/ ARM SWEEP; REVERSE UNDERARM TURN; SHOULDER TO SHOULDER 2x; ;

9-10 [Sweeping trl arms up & ovr] Sd L w/ bdy rise, -, X lun thru R w/ bent knee looking RLOD, bk L ; sd R w/ bdy rise, -, XLif lowering, bk R (sd L w/ bdy rise comm LF trn undr jnd ld hnds, -, XRif lowering & cont trn ½ LF, fwd L comp LF trn to fc ptr) ;

11-12 Sd L w/ bdy rise, -, XRif (XLib) to BFLY BJO lowering, bk L trng to fc ptr ; sd R w/ bdy rise, -, XLif (XRib) to BFLY SCAR lowering, bk R trng to fc ptr ;

### 13-16 CROSS BODY; FORWARD BREAK; HIP ROCKS; SIDE DRAW TOUCH;

13-14 Sd & bk L trng LF, -, bk R w/ slpg action trng LF, fwd L trng LF to WALL (sd & fwd R, -, fwd L Xing in frnt of M trng LF, sm sd R) ; sd & fwd R w/ bdy rise to LOP-FCG WALL, -, fwd L w/ contra ck like action, bk R ;

15-16 w/ rolling hip action rk sd L, -, rec R, rec L ; sd R w/ bdy rise, -, draw L twd R, tch L next to R ;

## PART B

### 1-4 BACK SHOULDER TO SHOULDER; SWEETHEART WRAP; BOLERO WALKS; ;

1-2 Sd L w/ bdy rise, -, XRib (XLif) to BFLY SCAR lowering, rec L trng to fc ptr ; w/ bth hnds jnd sd R raising ld hnds, -, XLib trng slightly LF, rec R to WRP LOD (sd L prep to trn LF undr jnd ld hnds, -, fwd & acrs R ovr L trng LF, rec L to WRP LOD) ;

3-4 Fwd L w/ bdy rise, -, fwd R, fwd L ; fwd R w/ bdy rise, -, fwd L, fwd R ;

### 5-8 LUNGE & REVERSE TWIRL; NEW YORKER; SIDE STAIR; 2 SLOW ROCKS;

5-6 Blend to BFLY WALL lun sd L ckg, -, raising ld hnds rec R ldg W to twrl LF, XLif (lun sd R ckg, -, twrl LF L, R) ; sd R w/ bdy rise, -, fwd L w/ slp action lowering & comm trn to LOP RLOD, bk R comm trn to fc ptr ;

7 Blend to CP sd L, cl R, fwd L, cl R ;

ss 8 Rk sd L, -, rk sd R, - ;

## PART A (Mod)

### 1-4 FENCE LINE w/ ARM SWEEP; REVERSE UNDERARM TURN; SHOULDER TO SHOULDER 2x; ;

1-4 Fcg WALL rpt meas 9-12 PART A ; ; ;

### 5-8 SPOT TURN; HIP ROCKS; OPENING OUT 2x; ;

5-6 Sd L w/ bdy rise comm LF (RF) bdy trn, -, XRif (XLif) lowering & cont trn ½, fwd L comp trn ¼ to fc ptr ; w/ rolling hip action rk sd R, -, rec L, rec R ;

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## PART A (Mod) (Cont)

- 7-8 Sd & fwd L w/ bdy rise comm bdy rotation L, -, lower on L comp upper bdy trn & xtnd R to sd, rise & rotate in BFLY (sd & bk R w/ bdy rise comm bdy rotation to match ptr, -, XLib lowering, fwd R in BFLY); sd & fwd R w/ bdy rise comm bdy rotation R, -, lower on R comp upper bdy trn & xtnd L to sd, rise & rotate in BFLY (sd & bk L w/ bdy rise comm bdy rotation to match ptr, -, XRib lowering, fwd L in BFLY);

## PART C

### 1-4 UNDERARM TURN to HNDSHK; HALF MOON; ; START HALF MOON;

- 1-2 Sd L w/ bdy rise, -, XRib of L lowering, fwd L to HNDSHK (sd R w/ bdy rise comm RF trn undr jnd ld hnds, -, XLif lowering & cont trng ½ RF, fwd R comp RF trn to fc ptr); sd R comm RF trn w/ R sd stretch slight "V" shape twd ptr, -, cont trng RF slp fwd L shaping to ptr, rec bk R trng to fc ptr;
- 3-4 Trng ¼ LF sd & fwd L w/ L sd stretch, -, slp bk R shaping to ptr, fwd L cont trng ¼ to fc ptr & COH w/ R hnds still jnd (trng ¼ RF sd & fwd R raising L arm trng slightly away from ptr but looking at & shaping to ptr, -, slp fwd L in frnt of M trng LF ½, bk R cont trng ¼ LF to fc ptr); beg fcg COH rpt meas 2 PART C;

### 5-8 FINISH HALF MOON; SPOT TURN; HAND TO HAND; SIDE DRAW TOUCH;

- 5-6 Trng ¼ LF sd & fwd L w/ L sd stretch, -, slp bk R shaping to ptr, fwd L cont trng ¼ to fc ptr & WALL w/ R hnds still jnd (trng ¼ RF sd & fwd R raising L arm trng slightly away from ptr but looking at & shaping to ptr, -, slp fwd L in frnt of M trng LF ½, bk R cont trng ¼ LF to fc ptr); sd R w/ bdy rise comm RF (LF) bdy trn, -, XLif (XRif) lowering & cont trn ½, fwd R comp trn ¼ to fc ptr;
- 7-8 Sd L w/ bdy rise, -, swvlg ¼ on L to LOP RLOD stp bk R lowering, fwd L trng to fc; rpt meas 16 PART A;

## ENDING

### 1-3 UNDERARM TURN; HIP LIFT; SIDE CORTE;

- 1-2 Sd L w/ bdy rise, -, XRib of L lowering, fwd L (sd R w/ bdy rise comm RF trn undr jnd ld hnds, -, XLif lowering & cont trng ½ RF, fwd R comp RF trn to fc ptr); blend to CP sd R bringing L to R, -, w/ slight pressure on L lift hip, lower hip;
- 3 Sd L flexing supporting knee & trng to RSCP leaving R leg xtnded w/ toe ptg to floor, -, -, -;

## CUE CARD

**SEQUENCE:** INTRO AB A(MOD) C B A(MOD) ENDING

### INTRO (1 Meas)

CUDDLE WALL Wt 1 Meas ;

### PART A (16 Meas)

Hip Lift ; Cuddle 2x ; ; Hip Lift ;

X Bdy [COH] ; Fwd Brk ; Undrm Trn ; Op Brk ;

Fnc Line w/ Arm Sweep ; Rev Undrm Trn ; Shldr-Shldr 2x ; ;

X Bdy [WALL] ; Fwd Brk ; Hip Rks ; Sd Draw Tch ;

### PART B (8 Meas)

Bk Shldr-Shldr ; Swhrt Wrp ; BL Wiks to BFLY ; ;

Lun & Rev Twrl ; NY to CP ; Sd Stair ; 2 Slo Rks ;

### PART A (Mod)(8 Meas)

Fnc Line w/ Arm Sweep ; Rev Undrm Trn ; Shldr-Shldr 2x ; ;

Spt Trn ; Hip Rks ; Opg Out 2x ; ;

### PART C (8 Meas)

Undrm Trn to HNDSHK ; 1/2 Moon [COH] ; ; 1/2 Moon [WALL] ;

; Spt Trn ; Hnd-Hnd ; Sd Draw Tch ;

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## **PART B (8 Meas)**

Bk Shldr-Shldr ; Swhrt Wrp ; BL Wlks to BFLY ; ;  
Lun & Rev Twrl ; NY to CP ; Sd Stair ; 2 Slo Rks ;

## **PART A (Mod)(8 Meas)**

Fnc Line w/ Arm Sweep ; Rev Undrm Trn ; Shldr-Shldr 2x ; ;  
Spt Trn ; Hip Rks ; Opg Out 2x ; ;

## **ENDING (3 Meas)**

Undrm Trn ; Hip Lift ; Sd Corte ;