

# WOUNDED HEART

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RECORD: Special Press (Flip "Ideas") Available from choreographer or Palomino

SEQUENCE: Intro, A, B, A, B (1-13), Ending RHYTHM: Bolero SPEED: 45

PHASE: V FOOTWORK: Described for man - woman opposite (or as noted) DATE: Jan. 2001

## INTRO

### **1 - 4 WAIT; EXPLODE & ROLL ACROSS; EXPLODE & FC SHAKE HANDS; X-BODY MAN FC REV;**

- 1 - Wait 1 meas in OPEN FCING low double hand hold M FCING WALL;
- 2 - Swirling 1/4 LF on R ft (RF on L ft)/sd L twd COH (WALL) sweeping L (R) arm up then down and out to sd,-, rec R comm RF (LF) roll behind W, sd & bk L cont RF roll to WALL (COH) to end approx DLC (DLW);
- 3 - Join lead hands as you comp RF (LF) roll sd R twd WALL (COH) sweeping R (L) arm up then down and out to sd,-, rec L trng 1/4 LF (RF) to fc W, cl R to L and shake R hands M FCING COH;
- 4 - Trng body slightly LF sd & bk L,-, bk R trng LF leading W across, fwd L (sd & fwd R,-, fwd L DRW outsd ptr, fwd R changing sides trng 1/2 LF) to an L-shape handshake M FCING RLOD and W FCING COH;

### **5 - 8 MAN X-BODY W FC REV; INTO HALF MOON;; (LEAD HANDS) SPOT TURN;**

- 5 - Fwd & sd R RLOD,-, fwd L DRW outsd ptr, fwd R changing sides trng 1/2 LF (trng body slightly LF sd & bk L,-, bk R trng LF to take M across, fwd L) to an L-shape handshake M FCING COH and W FCING RLOD;
- 6 - Trng body slightly LF sd & bk L,-, bk R trng LF leading W across, cont LF trn fwd L (fwd & sd RLOD,-, fwd L DRW outsd ptr, fwd R changing sides trng LF) to end M FCING DRW and W FCING COH;
- 7 - Sd & fwd R,-, trng RF fwd L, bk R trng LF to join lead hands (sd & fwd L,-, trng LF fwd R, bk L trng RF);
- 8 - Sd L,-, fwd R LOD trng LF (RF) trn, fwd L RLOD cont LF (R) trn;

### **9-10 FENCE LINE; RIFF TURNS (CLOSE UP);**

- 9 - Sd R to BFLY WALL,-, XLIF of R look R, rec R to fc;
- 10 - Sd L, cl R, sd L, cl R (sd R toe pting DLC, spin RF on R/cl L to R, sd R toe pting DLC, spin RF on R/cl L to R) then blend to CP WALL; **NOTE:** The feel for the W on the Riff Turn timing is QQ& or step, spin/close. If you do it correctly, the W will hit a bell like sound on her first spin action. Same thing later on in Part B meas 16.

qqqq

## PART A

### **1 - 4 TRNG BASIC SYNC; TO SLOW CONTRA CHECK; TURNING BASIC (DRW); OPEN BREAK;**

- s&qq 1 - Sd L to CP WALL w/R sd stretch,-, slip bk R trng LF/fwd L DLC, fwd & sd R DLC (sd R,-, trng LF fwd L/bk R, bk & sd L) to CP DLC;
- ss 2 - Lower on R keeping hips up to ptr fwd L in contra body movement R sd leading,-, cont bringing R sd thru to extend looking toward W (head well to L),-;
- &sqq 3 - Rec R/sd L with R sd stretch,-, slip bk R trng LF, fwd L DRW (sd R,-, trng LF fwd L, bk R) to CP DRW;
- 4 - Sd R staying close together but releasing from CP and lower lead hands,-, bk L, fwd R still FCING DRW;

### **5 - 8 STOP & GO; w/FWD BREAK ENDING TO A HANDSHAKE; X-BODY TO HORSESHOE TURN;;**

- 5 - Cl L to R leading W to trn LF under lead hands,-, placing R hand on W's L shoulder blade fwd R like a chair, bk L (fwd R trn 1/2 LF,-, bk L in sit line raising L arm straight up palm out, fwd R) to sd by sd FCING DRW;
- 6 - Cl R to L leading W to trn RF under lead hands,-, fwd L, bk R (fwd L trng 1/2 RF,-, bk R, fwd L) to handshake;
- 7 - Trng body slightly LF sd & bk L,-, bk R trng LF leading W across, cont LF trn fwd L (sd & fwd R,-, fwd L DLC outsd ptr, fwd R changing sides trng LF) to end M FCING DLC and W FCING WALL;
- 8 - Sd & fwd R,-, trng RF fwd L, bk R (sd & fwd L,-, trng LF fwd R, bk L) to end both FCING LOD R hands joined;

### **9-12 (FINISH HORSESHOE TURN); VARSOUV BREAK BACK; W SPIRAL TO SKATER WALKS IN; SWITCH TO SKATER WALKS OUT;**

- 9 - Fwd L (R) toeing in raising R hands and shaping twd ptr to look thru window,-, curving LF (RF) fwd R changing sides, lowering R hands after W goes under fwd L to RLOD;
- 10 - Cont LF (RF) trn sd R RLOD sweeping R hands up again in front of W and over her head catching her L hand as it comes thru and swvl to VARSOUVIENNE POS FCING LOD,-, bk L, fwd R;
- qq (sqq) 11 - Touch L to R leading W small fwd taking R hands over W's head & down to lead spiral,-, place & keep hands on W's hips sd & fwd L DLC, fwd & across R DLC (small fwd R toeing in spiral LF to almost fc LOD,-, place hands on top of M's sd & fwd L DLC, fwd & across R DLC) to mod skaters pos FCING DLC;
- 12 - Sd & fwd L DLC trng body RF and leading W slightly pass you to mod L skaters pos,-, sd & fwd R DLW, fwd & across L DLW (sd & fwd L slightly pass M trng body RF as you raise arms out to sides,-, sd & fwd R DLW, fwd & across L DLW as you bring arms back down across in front of body) to mod L skaters pos FCING DLW;

**13-16 SWITCH & LADY OUT TO FACE TRANSITION; FORWARD BREAK;  
BRING HER TO CLOSED & SLOW AROUND THE WORLD;,-, HIP ROCK 2,;**

- s-q 13 - Sd & fwd R DLW trng body LF and leading W slightly pass you to mod skaters pos,-, hold leading W DLC (sqq) away from you, fwd L (sd & fwd R slightly pass M trng body RF as you raise arms out to sides,-, fwd L trng LF, bk R DLC) to join lead hands LEFT OPEN FCING M FCING DLC;
- 14 - Sd & fwd R,-, fwd L, bk R;
- s-- 15 - Small sd & bk L strongly leading W to come to CP DLC,-, /soften L knee trng LF with strong R sway allowing R ft to extend fwd (strong fwd R to CP look at ptr,-, w/M's lead soften R knee trng LF with strong L sway),-;
- qq 16 - Supporting W with R hand at center of W's upper back slowly roll her to R straightening from sway,-, rise sharply bring W back up to look at ptr/rk sd & fwd R, rk sd & bk L (w/M's lead slowly roll body to L,-, and sharply straighten to look at ptr/rk sd & bk L, rk sd & fwd R) still in CP DLC;

**PART B**

**1 - 4 LUNGE BREAK; RIGHT SD PASS (FC WALL); AIDA; AIDA LINE AND SWITCH ROCKS TO;**

- s-- 1 - Sd & fwd R,-, lower in R knee keeping a straight back allowing L ft to slide sd & bk, start to rise back up (sqq) (sd & bk L,-, bk R, fwd L) to LEFT OPEN FCING DLC;
- 2 - Sd L w/L sd stretch shaping twd W bring lead hands up between ptr,-, trng RF bk R lead W to trn LF under lead hands, fwd L (fwd R,-, fwd L twd WALL trng LF under lead hands, bk R cont LF trn) to end FCING;
- 3 - Sd R RLOD joining M's R & W's L hand and sweep lead arm out and up,-, taking arm over thru L, trng LF (RF), sd R cont LF (RF) trn to almost OPEN FCING LOD;
- 4 - Bk & sd L to bk to bk V-pos sweeping lead arm up and back,-, take joined hands bk thru to RLOD trng RF on L while leading W to trn LF on R to fc you to BFLY WALL rock sd R, rock sd L;

**5 - 8 FALLAWAY RONDE BACK SIDE (TO REV); THRU SPIRAL & ROLL 2 TO FACE;  
HIP ROCKS TO STACK HANDS; X-HAND UNDERARM TURNS;**

- 5 - Sd R trng upper body RF/while L ft rondes CCW (CW) sd & bk,-, bk L to fallaway trng RF (LF) to fc, sd R;
- 6 - Thru L RLOD, spiral RF (LF) to fc, cont RF (LF) trn fwd R RLOD, fwd L RLOD cont RF (LF) trn to fc;
- 7 - Sd R as you stack hands R over L,-, sd L, sd R to end OPEN FCING M FCING WALL;
- 8 - Sd L trng body slightly RF while raising R hands high,-, as soon as W goes under lower R hands and quickly take L hands up over W's head and down trng RF bk R LOD, fwd L (sd R,-, fwd L LOD trng RF under first R hands then L, fwd R RLOD) to end sd by sd FCING RLOD all hands down low L over R;

**9-12 TWICE TO FC LOD; FWD w/HEAD LOOPS & CHAIR REC TO FC; OPEN HIP TWIST O.T.;**  
**FAN M FACE LOD;**

- 9 - Fwd R trng LF to almost fc WALL while raising L hands high,-, as soon as W goes under lower L hands and quickly take R hands up over W's head and down trng LF on R bk L RLOD, fwd R (fwd L,-, fwd R RLOD trng LF under first L hands then R, fwd L LOD) to end sd by sd FCING LOD all hands down low R over L;
- 10 - Fwd L as you raise R arm over W's head and W's L arm over your head simultaneously and release hand hold to blend to a HALF OPEN POS,-, lowering on L lunge fwd R swaying slightly back to look at ptr extending lead arms out at sides, bk L trng RF to fc ptr and WALL releasing hold;
- 11 - Sd R joining lead hands low,-, fwd L, bk R;
- 12 - Cl R to L leading W to trn RF with her back to you as you trn upper body RF and sway L extending R arm up and out,-, bk R trng LF, fwd L LOD (fwd R to M raising L arm straight up palm out as you trn 1/2 RF,-, trng LF fwd L LOD, fwd R LOD trng 1/2 LF) to end LEFT OPEN FCING M FCING LOD;

**13-16 FORWARD BRK; BRING HER TO LEG CRAWL & SLIP FC DRW; NEW YORKER; RIFF TURNS;**

- 13 - Fwd R completing facing fan,-, fwd L, bk R;
- 14 - Small sd & bk L strongly leading W to come to CP as you turn upper body LF with L sd stretch to lead W to leg crawl and look almost DRC,-, trng LF bk R LOD lowering joined lead hands, fwd L DRW (strong fwd R to CP & as M trns you LF and stretches your R sd take L leg up outsd M's R thigh & look L to CP almost COH,-, trng LF take leg down small fwd L LOD, bk R cont slight LF trn) to end CP almost FCING WALL;
- 15 - Sd R,-, trng RF fwd L, bk R trng LF (sd L,-, trng LF fwd R, bk L trng RF);
- 16 - Repeat Meas 10 of Intro;

**ENDING**

**1 - 2 BRING HER TO LEG CRAWL & LOOK AT PARTNER; SLOW CUDDLE;**

- s-- 1 - Same as Meas 14 in B,-, but then trng body slightly RF look at W (same,-, but then turn head R to look at M),-;
- 2 - Release lead hands to embrace W,-, and lower head into W (release lead hand and place at back of M's neck,-, lower head to M's chest and cuddle),-;