

MY HEART TO YOU

Choreo: Ken & Barb LaBau Email kennethlabau@aol.com
 1020 West River Street Monticello, MN., 55362 763-295-5602
 Music: My Heart To You CD Track 06 Don Williams Available from choreographer
 Rhythm: Foxtrot Phase IV
 Footwork: Directions for the man, women opposite (or as noted)
 Sequence: I- A - B - C - A - B - E

INTRODUCTION

1-6 OP FCG LOD; WAIT; WAIT; CL UP TCH; BK ½ BOX; PROG BOX;;

- 1-2 Op fcg, lead hnds jn, Wait;;
- 3-4 Fwd L,-, tch R; bk R,-, sd L, cl R;
- 5-6 Fwd L,-, sd R, cl L; Fwd R,-, sd L, cl R;

PART A

1-8 2 L TURNS CP WALL;; HVR; FWD FC CL; FT VINE; MANUV; SPIN TRN; BK ½ BOX;

- 1-2 Fwd L trng L fc upper bdy trn,-, cont trn sd and bk R, cl L; Bk R trng L fc upper bdy trn,-, cont trn sd and bk L, cl R;
- 3-4 Fwd L to cls pos,-, fwd and sd R rising to ball of ft, rec L to SCP; Fwd R,-, sd L, cl R;
- 5-6 Sd L,-, XRib, sd L; Commencing R fc trn, fwd R cont R fc trn fcg ptr RLOD,-, sd L, cl R;
- 7 Bk L pvtg 1/2 R fc trn to fc LOD,-, fwd rise R between W's ft, rec sd and bk cl L;
 (W commence R fc upper bdy trn fwd R beteen M's fthell to toe pvtg ½ R fc,-, bk L toe cont R to L, fwd R;
- 8 Bk R,-, sd L, cl R;

9-14 2 L TURNS CP WALL;; HVR; FWD FC CL; FT VINE; MANUV; SPIN TRN; BK ½ BOX ;

- 9-10 Repeat Part A steps 1-2;;
- 11-12 Repeat Part A steps 3-4;;
- 13-14 Repeat Part A steps 5-6;;
- 15-16 Repeat Part A steps 7-8;;

PART B

1-6 FWD RUN 2; TWICE; TELE TO SCP D/W; HVR FALWY; SLIP PVT BJO; MANUV;

- 1-2 Fwd L,-, fwd R, fwd L; Fwd R,-, fwd L, fwd R;
- 3 Fwd L trng L,-, sd R cont trng, sd and fwd L to end in SCP fcg D/W;
 (W bk Rtrng L fc bringing L to R with no wgt ,- ,trn L fc on R heel and chg wgt to L, stp sd and fwd to R to end in SCP;)
- 4 In SCP, fwd R,-, fwd L rising to ball ft and checking, rec bk on R;
- 5 Bk L,-, bk R trng L, fwd L; (W bk R starting L fc pvton ball of ft,-, fwd L cont L trn pleg L ft near M's R ft, bk R) :
- 6 Commencing R fc trn, fwd R cont R fc trn fcg ptr RLOD,-, sd L, cl R;

7-8 PVT 4 LOD;;

- 7-8 Bk L trng R fc,-, bk R trng R fc,-, Bk L trng R fc,-, Bk R trng R fc to CP LOD;;

9-14 FWD RUN 2; TWICE; TELE TO SCP D/W; HVR FALWY; SLIP PVT BJO; MANUV;

- 9-10 Repeat Part B steps 1-2;;
- 11-12 Repeat Part B steps 3-4;;
- 13-14 Repeat Part B steps 5-6;;

15-16 PVT 4 LOD;;

- 15-16 Bk L trng R fc,-, bk R trng R fc,-, Bk L trng R fc,-, Bk R trng R fc to CP LOD;;

MY HEART TO YOU Page 2 of 2

20

PART C

1-8 DIAMOND TURNS SCAR;;; CROSS HOVER 4 TIMES LOD;;;

- 1-4 Fwd L trng on DIAG,-,cont L trn sd R, bk L to BJO. stay in BJO trng L fc stp bk R,-, sd on L, fwd R; BJO stp fwd L trng on DIAG,-, sd R, bk L cont trn,-, Sd L, fwd R to SCAR; (W bk R on DIAG,-, cont trn L trn sd L, fwd R to BJO pos; fwd L trng L fc,-, sd R bk L; bk R trng L fc,-, sd L fwd R; fwd L trng L fc,-, sd R bk L to SCAR);
- 5-8 XLif of R,-, sd R with a slight rise trng L, rec on L to BJO; XRif of L,-, sd L with a slight rise trng R, rec on R to SCAR; XLif of R,-, sd R with a slight rise trng L, rec on L to BJO; XRif of L,-, sd L with a slight rise trng R, rec on R to LOD;

ENDING

1-8 DIAMOND TURNS SCAR;;; CROSS HOVER 3 TIMES SCP;;; THRU SD CL WALL; SD CORTE;

- 1-4 Fwd Ltrng on DIAG,-,cont L trn sd R, bk L to BJO. stay in BJO trng L fc stp bk R,-, sd on L, fwd R; BJO stp fwd L trng on DIAG,-, sd R, bk Lcont trn,-, Sd L, fwd R to SCAR;(W bk R on DIAG,-, cont trn L trn sd L, fwd R to BJO pos; fwd L trng L fc,-, sd R bk L; bk R trng L fc,-,sd L fwd R; fwd L trng L fc,-,sd R bk L to SCAR);
- 5-8 XLif of R,-, sd R with a slight rise trng L, rec on L to BJO; XRif of L,-, sd L with a slight rise trng R, rec on R to SCAR; XLif of R,-, sd R with a slight rise trng L, rec on L to SCP; Fwd R,-, sd L, cl R CP WALL;
- 9 Sd lunge L with soft knee,-, both look rev at clock level; (W step inside M's L)