

MY WOUNDED HEART III

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RECORD: Special Press (Flip "Ideas") Available from Palomino. Thanks to the Worlocks for allowing use of this music

SPEED: 45

TIME: 3:30

FOOTWORK: Opposite, directions to man except as noted (W's in parentheses)

RHYTHM: Bolero Phase III+2 [Right Pass, Aida]

DIFFICULTY: Ave

TIMING: {S,Q,Q} Unless noted otherwise

RELEASED: June 2015,

SEQUENCE: INTRO, A, B, A, B (1-12), END

INTRO

1-4 **WAIT; FNC LN [w arm sweep] x2;; ½ BASIC;**

1 {lo BFLY pos & WALL, lead ft free, wait one measure} Wait;

2-3 {Fnc ln w arms x2} Sd L,-, lun thru R with ld hnds jnd sweep trail hnds out, up & dwn betwn ptrs, rec L; Sd R,-, lun thru L, with trail hnds jnd sweep ld hnds out, up & dwn betwn ptrs, rec R;

4 {½ Basic} Sd L, -, bk R, fwd L;

5-10 **FWD BRK [to fc rld]; BK Wks [w arms] x2 [to fc WALL];; BASIC;; SWAY L & R;**

5 {Fwd Brk} Sd & fwd R extend M's R & W's L arms out to sd,-, fwd L, rec R [trng RF ¼ to fc RLOD in lo BFLY];

6-7 {Bk Wlks w arms x2} Bk L [raise trail hnds up, out & down to lo BFLY], -, bk R, bk L; Bk R [raise ld hnds up, out & down to lo BFLY], -, bk L, sm bk & sd R [trng LF ¼ to fc WALL] (W fwd R, fwd L, fwd R [trng LF ¼ to fc COH]);

8-9 {Basic} Sd L, -, bk R, fwd L; Sd R, -, fwd L, bk R;

{S,S} 10 {Sway L&R} Hnds jnd low & betwn ptrs rk sd L,-, rk sd R, -, [as wt chgs roll hips to wtd ft];

PART A

1-4 **SHLDR-SHLDR x2;; NYR; REV UNDRM TRN [wrp W to fc LOD];**

1-2 {Shldr-shldr x2} Sd L,-, fwd R & across in frnt of W to BJO(W bk L & across behind R), rec L; Sd R,-, fwd L & across in frnt of W to SCAR(W bk R & across behind L), rec R;

3 {Nyr} Sd L, -,fwd R w slipping action lowering & comm trn to sd by sd pos, rec L to fc ptr;

4 {Rev Undrm Trn} Sd R raise jnd ld hnds, -, XLIF R, rec R lower ld hnd to wrp W (W Sd L comm LF trn,-, XRIF L trng LF undr jnd ld hnds, fwd L fin LF trn to fc LOD in wrp pos);

5-8 BL WLK 6 [LOD, end fcng];; UNDRM TRN; HND/HND

- 5- 6 {*Bl Wlks*} Fwd L, -, fwd R, fwd L; fwd R, -, fwd L, fwd R to fc ptr [end BFLY& WALL w lo hnd hold];
- 7 {*Undrm trn*} Sd L, -, XRIB L, fwd L (W sd R comm. RF trn undr jnd ld hnds,-, XLIF R cont trn RF 1/2, fwd R fin RF trn to fc ptr);
- 8 {*Hnd/Hnd*} Sd R to fc ptr, -, Rk bk L to fc LOD, rec R to fc ptr;

9-12 HIP LIFT; LUN BRK; R SD PASS [fc COH]; FWD BRK;

- 9 {*Hip Lift*} Sd L to CP, -, tch R to L w slight pressure on R ft lift R hip, lower R hip no wgt chg;
- 10 {*Lun Brk*} Sd & fwd R,-, lower on R extend L to sd & bk, rise on R bringing W fwd (W Sd & bk L,-, bk R contra ck sit line action, rec fwd L);
- 11 {*R sd pass*} Sd & fwd L comm RF bdy trn raise jnd ld hnds,-, small bk R fin RF trn to fc COH, rec L (W fwd R lk at ptr thru "jnd ld hnd window",- , fwd L comm LF trn undr jnd ld hnds, fwd R fin LF trn undr jnd ld hnds to fc ptr);
- 12 {*Fwd Brk*} Sd & fwd R extend M's R & W's L arms out to sd,-, fwd L, rec R [end lo BFLY];

13-16 NYR; LUN BRK; R SD PASS [fc WALL]; OPN BRK;

- 13 Repeat meas 3;
- 14 Repeat meas 10;
- 15 Repeat meas 11, but end fcng WALL;
- 16 {*Op Brk*} Sd R extend M's R & W's L arms out to sd,-, bk L, rec R;

PART B

1-4 SHLDR-SHLDR; SPT TRN [RL0D] (W in 2 to fc WALL); SHDW FNC LN [LOD]; SHDW CRB WK[RL0D];

- 1 Repeat meas 1 Part A;
- 2 {*Spt Trn*} Sd R,-, comm RF trn XLIF R, sm fwd R cont RF trn to fc ptr & WALL (W sd R,-, comm. RF trn XLIF R, fin RF trn to fc ptr & COH, tch R);
- 3 {*Shdw Fnc Ln*} Sd L,-, lun thru R, rec L (W sd L,-, lun thru R, rec L);
- 4 {*Shdw Crb wk*} Fwd & sd R, -, XLIF R, fwd & sd R (W Fwd & sd R, -, XLIF R, fwd & sd R);

5-8 SHDW CRB WK[RLOD]; SHDW FNC LN [RLOD];SPT TRN [LOD] (W in 2 to fc ptr); HIP LIFT;

- 5 { *Shdw Crb wk* } XLIF R,-, fwd & sd R, XLIF R (W XLIF R,-, fwd & sd R, XLIF R);
- 6 { *Shdw Fnc Ln* } Sd R,-, lun thru L, rec R (W sd R,-, lun thru L, rec R);
- 7 { *Spt Trn* } Sd L,-, comm LF trn XRIF L, fwd L fin LF trn to fc WALL (W Sd R,-, comm RF trn XLIF R, fin RF trn to fc ptr, tch R);
- 8 { *Hip Lift* } Sd R to CP, -, tch L to R w slight pressure on L ft lift L hip, lower L hip no wgt chg;

9-12 [to LOD] PREP AIDA; AIDA LN & REC; HIP LIFT; SWAY L & R;

- 9 { *Prep Aida* } [to LOD] Sd L op out slightly, -, thru R comm RF trn (W trn LF) jn trail hnds, sd L contRF trn to OP/RLOD;
- {S,S} 10 { *Aida Ln & Rec* } Bk R to "V" bk to bk pos,-, rec L trn to fc ptr,-;
- 11 Repeat meas 8 Part B;
- {S,S} 12 Repeat meas 10 Intro;

13-16 HND/HND x2;; BASIC;;

- 13-14 { *Hnd/Hnd x2* } Sd L to fc ptr, -, Rk bk R to fc RLOD, rec L to fc ptr; Sd R to fc ptr, -, Rk bk L to fc LOD, rec R to fc ptr;
- 15-16 { *Basic* } Sd L, -, bk R, fwd L; Sd R, -, fwd L, bk R;

REPEAT A

REPEAT B measures 1-12

END

1-2 [to LOD] PREP AIDA; AIDA LN , HOLD, & SLOWLY EXTEND ARMS, LOOKING AT PTR; 1 { *Prep Aida* } Repeat meas 9 of Part B;

- {S,S} 2 { *Aida Ln & hold* } Bk R to "V" bk to bk pos,-, hold, slowly extending arms looking at ptr,-;