

Cherry Heart



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Music: Artist: The Mumpers
CD: Casa Musica "The Ballroom Mix 8" CD-2 Track #4 CM-DCD 613

Suggested Speed: 28MPM (as on CD)

Footwork: Opposite, directions for man (lady as noted) Note: Timing indicates weight changes only

Rhythm & Phase: Foxtrot V +1 (Throwaway Oversway) +2 (Double Top Spins, Interrupted Cont Hover Cross)

Basic Rhythm: SQQ otherwise noted

Sequence: **Intro A B Inter A B-Modif**

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Meas

INTRO

1-8 WAIT;; TOG & AWAY; ROLL ACROSS TO OP; TOG & AWAY; W ROLL IN TO BOLERO-BJO; WHEEL 4 TO FC; DIP BK & REC;

- 1-2 Wait 2 meas in LOP/Wall lead ft free pointed sd;;
- SS 3 **{Tog & Away}** Sd L trng upper body LF to fc ptr touching palms of trailing hnds, -, rec R trng body RF to fc WALL extending trailing hnd away, - end LOP/WALL;
- QQS 4 **{Roll Across to OP}** Sd L comm rolling LF bhnd W twd LOD, cont rolling LF sd & bk R, cont rolling LF sd L twd LOD joining trailing hnds, - (W sd R comm rolling RF IF of M twd RLOD, cont rolling RF sd & bk L, cont rolling RF sd R twd RLOD, -) end OP/LOD;
- SS 5 **{Tog & Away}** Sd R trng upper body RF to fc ptr touching palms of lead hnds, -, rec L trng body LF to fc WALL extending lead hnd away, - end OP/WALL;
- QQS 6 **{W Roll In to Bolero-BJO}** Sd & fwd R twd DRW leading W roll LF, fwd L comm trng RF, cont trng RF fwd R assuming Bolero-BJO pos, - (W sd L comm rolling LF, cont rolling LF sd & bk R, cont rolling LF sd L to fc WALL, -) end Bolero-BJO/COH M's R-hnd around W's waist L-hnd extended sd (W's R-hnd on M's L-shoulder L-hnd extended sd);
- QQQQ 7 **{Wheel 4 to Fc}** Fwd L comm tight wheel RF, cont wheel RF R, L, R trng RF to fc ptr end FCG Pos/DLW;
- SS 8 **{Dip Bk & Rec}** Assuming CP bk L flexing knee, -, rec R, - end CP/DLW;

PART A

1-8 REV WAVE;; BK FEATHER; BK THREE STEP; PIVOT 3; SD TO EROS LINE; REC TO HINGE; SD TRNG HOVER M TRANS TO SCP;

- 1-2 **{Rev Wave}** CP/DLW fwd L comm trng LF, -, cont trng LF sd & bk R, cont trng LF bk L twd DLW (W bk R comm trng LF, -, cont trng LF on R-heel cl L to R, fwd R) end CP/DRC; Bk R curving LF 1/8 to fc RLOD, -, bk L w/ slight L-shoulder lead, bk R end CP/RLOD;
- 3 **{Bk Feather}** Bk L, -, bk R w/ R-shoulder lead, bk L ptr outside end BJO/RLOD;
- 4 **{Bk Three Step}** Bk R assuming CP, -, bk L w/ slight L-shoulder lead, bk R end CP/RLOD;
- 5 **{Pivot 3}** Bk L comm pivoting RF 1-1/4, -, fwd R btwn W's feet cont pivoting RF, bk L cont pivoting RF end momentary CP/DRC;
- S-- 6 **{Sd to Eros Line}** Cont trng RF sd & fwd R twd LOD btwn W's feet, -, rotating upper body RF to fc LOD stretch R-sd w/ sway to L looking at W, - (W cont trng RF sd & bk L, -, rotating upper body RF stretch L-sd raising R-leg for Eros Line moving R-knee bk trng leg out w/ sway to R head well to R, -);
- S-- 7 **{Rec to Hinge}** Rec L rotating upper body LF, -, cont rotate upper body LF leading W swivel LF, flex L-knee looking at W (W rotating upper body LF to fc M sd R twd RLOD, -, swiveling LF on R XLIB, flexing L-knee extend R twd LOD);
- (W SQ-) 7
- S-Q 8 **{Sd Trng Hover M Trans to SCP}** Sd R comm trng RF, -, cont trng RF rise on R-toe brushing L to R, sd & fwd L (W rec R comm trng RF, -, cont trng RF sd L around M rising on toe brushing R to L, cont trng RF sd & fwd R) end SCP/DLC;
- (W SQQ) 8

PART A (cont'ed)

**9-16 PROM WEAVE w/ CHECK;; DBL TOP SPINS;; THREE STEP;
INTERRUPTED CONT HOVER CROSS;;;**

- SQQ 9-10 **{Prom Weave w/ Check}** SCP/DLC thru R comm rotating upper body LF, -, cont rotating upper body LF fwd L twd DLC, cont rotating LF sd & bk R (W thru L comm trng LF, -, cont trng LF sd & bk R across IF of M, cont trng LF sd & fwd L) end momentary BJO/RL0D; Cont trng LF bk L ptr outside, con trng LF bk R momentary in CP M fcg DRW, cont trng LF on R sd & fwd L twd DLW, fwd R outside ptr w/checking motion (W cont trng LF fwd R outside ptr, cont trng LF fwd L, cont trng LF on L sd & bk R, bk L ptr outside w/ checking motion) end BJO/DLW;
- QQQQ 11-12 **{Dbl Top Spins}** Spinning LF 1/4 on R-toe bk L, bk R, slightly trng LF sd & fwd L, fwd R outside ptr w/ checking motion end BJO/DRC; Spinning LF 1/4 on R-toe bk L, bk R, slightly trng LF sd & fwd L, fwd R outside ptr end BJO/DLW;
- 13 **{Three Step}** BJO/DLW assuming CP fwd L, -, fwd R w/ slight R-shoulder lead, fwd L end CP/DLW;
- SQQ 14-16 **{Interrupted Cont Hover Cross}** Fwd R comm trng RF, -, cont trng RF sd & bk L twd DLW, cont trng RF strongly on L sd R (W bk L, -, trng RF on L-heel cl R, cont trng RF on R sd & bk L) end momentary CP/DLC; XLIF w/ checking motion outside ptr in SCAR, rec R, XLIF in SCAR, cl R trng body RF (W XRIB w/ checking motion ptr outside in SCAR, rec L, XRIB in SCAR, sd L trng body RF) end momentary CP/LOD; Bk L w/ R-shoulder lead ptr outside, bk R, slightly trng LF sd & fwd L, fwd R outside ptr (W fwd R outside ptr, fwd L, slightly trng LF sd & bk R, bk L ptr outside) end BJO/DLC;

PART B

**1-8 DBL REV SPIN; REV FALLAWAY & SLIP; LF PIVOT TO THROWAWAY OVERSWAY;;
W SWIVEL TO DEVELOPE; W SWIVEL TO THROWAWAY OVERSWAY; SD HOVER TO SCP;
FEATHER;**

- SQ- 1 **{Dbl Rev Spin}** BJO/DLC fwd L comm trng LF, -, cont trng LF sd & fwd R around W, spinning LF (W SQ&Q) on R tch L (W bk R comm trng LF, -, cont trng LF on R-heel cl L/sd & fwd R around M, cont trng LF on R XLIF) end CP/DLC;
- QQQQ 2 **{Rev Fallaway & Slip}** Fwd L comm trng LF, cont trng LF sd R twd DLC, XLIB in SCP fcg DRW, swiveling LF on L slip R bk under body (W bk R comm trng LF, cont trng LF sd L twd DLC, XRIB, swiveling LF on R to fc M slip L fwd) end CP/LOD;
- QQS 3-4 **{LF Pivot to Throwaway Oversway}** Fwd L comm pivoting LF, cont pivoting LF sd & bk R, cont trng LF sd L twd LOD, - (W bk R comm pivoting LF, cont pivoting LF fwd L btwn M's feet, cont trng LF sd R) end momentary CP/WALL; Rotate upper body LF, flexing L-knee cont rotate body LF, extend R twd RL0D looking at W, - (W swivel LF on R drawing L to R, flexing R-knee cont swivel LF on R, extend L sd & bk twd DLW, -);
- 5 **{W Swivel to Develope}** Rise on L straightening body upright, -, sway L stretching R-sd of body to lead W develope, - (W rise on R comm swiveling RF, -, cont swiveling RF on R to fc DLC lift L-toe along R-leg, extend L fwd looking well R);
- 6 **{W Swivel to Throwaway Oversway}** Straightening body upright rotate body LF leading W swivel LF, -, flexing L-knee cont rotate body LF extending R twd RL0D looking at W, - (W swivel LF on R drawing L to R, -, flexing R-knee cont swivel LF on R extending L sd & bk twd DLW);
- S-Q 7 **{Sd Hover to SCP}** Sd R, -, rise on R leading W trn RF, sd & fwd L (W swiveling RF on R sd L, -, rise on L trng RF, sd & fwd R) end SCP/DLW;
- 8 **{Feather}** Thru R, -, fwd L leading W trn LF, fwd R outside ptr (W thru L, -, trng LF sd & bk R, bk L ptr outside) end BJO/DLW;

PART B (cont'ed)

**9-16 THREE STEP; NAT TELEMARCK TO SCAR; CROSS SWIVEL TO SYNC CLOSED WING;
CHECK REC SD TO BJO; NAT WEAWE;; HOVER TELEMARCK TO SCP; WHIPLASH;**

- 9 {**Three Step**} BJO/DLW assuming CP fwd L, -, fwd R w/ slight R-shoulder lead, fwd L end CP/DLW;
- 10 {**Nat Telemark to Scar**} Fwd R comm trng RF, -, cont trng RF sd & bk L twd DLW, cont trng RF strongly on L sd & fwd R (W bk L, -, trng RF on L-heel cl R, cont trng RF on R sd & bk L) end SCAR/DLC;
- SQ- (W SQ&Q) 11 {**Cross Swivel to Sync Closed Wing**} Fwd L across body outside ptr swiveling LF on L to fc DRW end momentary BJO/DRW, -, fwd R, rotating upper body LF tch L to R (W bk R ptr outside swiveling LF, -, bk L/sd R around M, fwd L) end SCAR/DRW;
- 12 {**Check Rec Sd to Bjo**} Fwd L outside ptr w/ checking motion, -, rec R, trng LF sd & fwd L (W bk R ptr outside w/ checking motion, -, rec L, trng LF sd & bk R) end BJO/DLW;
- SQQ QQQQ 13-14 {**Nat Weave**} Fwd R outside ptr comm trng RF, -, cont trng RF sd & fwd L, cont trng RF on L sd & bk R twd DLC w/ R-shoulder lead (W bk L ptr outside comm trng RF, -, cont trng RF on L-heel cl R, cont trng RF fwd L w/ L-shoulder lead); Bk L ptr outside, bk R in line, trng LF on R sd & fwd L twd DLW, fwd R outside ptr (W fwd R outside ptr, fwd L in line, trng LF on L sd & bk R, bk L ptr outside) end BJO/DLW;
- 15 {**Hover Telemark to SCP**} Fwd L, -, sd & fwd R comm trng RF, cont trng RF on R sd & fwd L leading W trn RF (W bk R, -, sd & bk L comm trng RF, cont trng RF sd & fwd R) end SCP/DLW;
- S-- 16 {**Whiplash**} Thru R, flexing R-knee ronde L CW slightly swiveling LF on R, pt L sd & fwd, - (W thru L, flexing L-knee ronde R CCW swiveling LF on L to fc M, pt R sd & bk, -) end BJO/DLW;

INTERLUDE

**1-8 OUTSIDE SPIN; W TWIRL TO LOP; TOG & AWAY; ROLL ACROSS TO OP; TOG & AWAY;
W ROLL IN TO BOLERO-BJO; WHEEL 4 TO FC; DIP BK & REC;**

- 1 {**Outside Spin**} BJO/DLW bk L small step ptr outside comm trng RF, -, fwd R cont trng RF, cont trng RF on R sd & bk L checking (W fwd R outside ptr comm trng RF, -, cont trng RF L, cont trng RF on L fwd R checking) end CP/LOD;
- QQS 2 {**W Twirl to LOP**} Fwd R leading W trn RF under jnd lead hnds, cl L, trng RF 1/4 on L to fc WALL sd R extending trailing hnd out to sd, - (W bk L comm trng RF under jnd lead hnds, cont trng RF under jnd lead hnd sd R, cont trng RF to fc WALL sd L extending trailing hnd out to sd, -) end LOP/WALL;
- 3-8 Repeat Meas 3-8 of INTRO;,,,,;

PART B-MODIF

**1-8 DBL REV SPIN; REV FALLAWAY & SLIP; LF PIVOT TO THROWAWAY OVERSWAY;;
W SWIVEL TO DEVELOPE; W SWIVEL TO THROWAWAY OVERSWAY; SD HOVER TO SCP;
FEATHER;**

- 1-8 Repeat Meas 1-8 of PART B;,,,,;

**9-16 THREE STEP; NAT TELEMARCK TO SCAR; W SWIVEL TO SYNC CLOSED WING;
CHECK REC SD TO BJO; NAT WEAWE;; HOVER TELEMARCK TO SCP;
WHIPLASH TO BOLERO-BJO W CARESS;**

- 9-15 Repeat Meas 9-15 of PART B;,,,,;
- S-- 16 {**Whiplash to Bolero-Bjo W Caress**} SCP/DLW thru R, flexing R-knee ronde L CW slightly swiveling LF on R, pt L sd & fwd releasing lead hnds, extend L-hnd sd & bk (W thru L, flexing L-knee ronde R CCW swiveling LF on L to fc M, pt R sd & bk, caress the back of M's head w/ R-hnd as music fades out) end BOLERO-BJO/DLW L-hnds extended sd;