

My Foolish Heart

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Music: My Foolish Heart – Rod Stewart - (The Great American Songbook V) – Amazon.com
Rhythm
Sequence: Phase VI Bolero
Speed: Intro, A, B, A, B, Ending Released March 2018 Version 1.0
45

Intro

1-4 **WAIT ; AIDA LINE AND HIP ROCK 2 ; FWD, FWD SPIRAL FC ; LUNGE BREAK ;**
-- 1 (Wait)Bk to bk V pos M fwc DRC W fc DRW weight on lead foot;
S - 2 (Aida Line And Hip Rocks)Bk R to Aida Line sweep trailing arm up & bk, rk fwd L sweep arms fwd, rec R sweep arm bk;
SQQ 3 (Fwd, Spiral Fc)Fwd L, -, fwd R spiral 7/8 turn LF, fwd L trng LF fc ptnr;
SQQ 4 (Lunge Break)Sd R, -, lower on R extending W bk, rise on R(W sd L, -, bk R, rec L);

Part A

1-4 **CHECKED RIGHT PASS ; M RONDE FWD BREAK HAND CHNG BEH BK ;**
2 TURKISH BREAKS CHANGING HANDS TO HANDSHAKE;
SQQ 1 (Checked Rt Pass) Fwd & sd L comm RF trn raising lead hands high and placing R hand on the front of W's R hip, -, cont RF trn XRB of L lowering lead hands in front of W to check her, cont RF trn sd & fwd L(W fwd R, -, fwd & across L twd COH no turn, bk R) to end with lead hands joined in front of W's L hip to MOD WRAP POS both FCING COH;
SQQ 2 (Ronde Brk Hand Chng) Fwd R twd DLC swvling 3/8 RF ronde L foot CW to fc ptr & WALL, -, fwd L twd W trng ½ RF bring lead hands beh bk, fwd R chng to R hands(W bk L, -, bk R, fwd L);
SQQ 3 (Turkish Breaks)Sd L, -, bk R with LF body turn, rec L(W sd R, -, fwd L with LF body turn, rec R);
SQQ 4 Sd R rel hands, -, join L hands bk L with RF body turn, rec R rel L hands
(W sd L, fwd R with RF body turn, rec L);

5-8 **CROSS BODY W SPIN 5/M SYCP TRANS MAN'S SHDW WALL ; SHDW FENCE LINE ;**
M TURN OPPOS SPOT TURN ; STEP RONDE VINE 2 ;
SQ&Q 5 (Cross Body M Sync Shdw)Join R hands sd & fwd L, -, bk R lead W to pass in front/fwd L trng LF rel hands, sd R LOD cont LF turn to face WALL
(SQ&Q&) (W fwd R, -, sycp LF spin fwd L/R trng LF, fwd L/ cont spin sd R); end M's shadow fc wall no hands
SQQ 6 (Shdw Fence Line)Both sd L, -, XRB extend arms to sd, rec L;
SQQ 7 (M Turn Oppos Spot Turn)Sd R trng RF to fc W, -, trng RF fwd L LOD, trng RF fwd R
(W sd R, -, trng RF fwd L RLOD, trng RF fwd R);
SQQ 8 (Step Ronde Vine 2)Join hands in BFLY sd L ronde R CW, -, XRB trng RF, sd L BFLY WALL
(W sd L, -, ronde R CW, XRB, sd L);

9-11.1	<u>MAN HOLD LADY CURL CROSS BODY ; HORSESHOE TURN ; ; FALLAWAY RONDE TO SCP BREAK BK REC ;</u>
-QQ	9 (M Hold L Curl Cross Body) Hold on L lead W to curl LF under lead hands, -, bk R, fwd L trng LF (SQQ) (W fwd R curl LF under lead hands, -, fwd L to COH, fwd R COH trng LF fc WALL);
SQQ	10 (Horseshoe Turn) Sd R, -, trn LF chk thru L LOD, rec R;
SQQ	11 Fwd L curving LF around W, -, fwd R cont around W, fwd L RLOD (W fwd R curving RF under lead hands, -, fwd L cont turn, fwd R RLOD);
SQQ	12 (F/A Ronde SCP Break Bk Rec) Blend to loose CP sd R ronde L CCW, -, bk L in SCP, rec R;

13-16	<u>Sync Turning Basic 2x ; ; Throwaway Oversway ; Fallaway Ronde Slip ;</u>
SQ&Q	13 (Sync Turn Basic 2x) Sd L body trn RF, -/trn LF slip pvt action bk R, sd & fwd L trn LF, sd & fwd R pvt LF fc WALL (W sd & fwd R body trn RF look rght, -/trn LF cl head fwd L, sd & bk R trn LF, cl L pvt LF);
SQ&Q	14 Repeat measure 13;
S -	15 (Throwaway Oversway); Sd L trn LF, -, soft knee slight body trn LF extnd R leg bk, - (W sd & fwd R shrp trn LF swvl extnd L leg bk LOD, -, develop sway L & extend top up & out, -);
SQQ	16 (Fallaway Ronde & Slip) Slight RF trng rec R ronde L CW, -, bk L, slip R bk LF turn to CP DC (W rec L ronde R CCW, -, bk R, trng LF slip L fwd to CP);

Part B

1-4	<u>TELEFEATHER ; ; FWD RIGHT LUNGE & ROLL TO ; TURN BASIC FC REV TO;</u>
SQ -	1 (Telefeather) Fwd L comm trng LF around W, -, cont trng LF sd & bk R, extend L bk partial weight (SQQ&) (W bk R comm trng LF, -, cont trng LF cl L, fwd R in SCP/fwd L small step swiveling LF);
QQQQ	2 Sd L comm LF spin LF, cont trng LF sd & bk R, cont trng LF sd & fwd L, fwd R CBJO DW (W sd & bk Rtrng LF, cont trng LF cl L, cont trng LF sd & bk R, bk L CBJO);
SS	3 (Fwd Right Lunge & Roll to) Fwd L to CP, -, lower on L trng body LF fwd & sd R on soft knee DW, comm sway chng trng body RF (W bk R, -, lunge L keep head to L, comm RF body turn);
SQQ	4 (Turning Basic) Rec sd L cont RF body turn, -, bk R trng LF, fwd L fc CP RLOD (W sd R head to R, -, fwd L trng LF, bk R);

5-8	<u>Fwd Break ; Right Pass to Handshk DC ; Contra Break ; Point to Contra Break ;</u>
SQQ	5 (Fwd Break) Sd R, -, release CP fwd L, rec R LOP fc ptnr RLOD (W sd L, -, bk R, rec L);
SQQ	6 (Right Pass Handshake) Fwd & sd L with RF trn raising lead hands high, -, XRB lead W under lead hands, rec L fc DC chng to R handshake (W fwd R, -, fwd L trng LF under lead hands, sd & bk R);
SQQ	7 (Contra Break) Sd & fwd R, -, fwd L with strong LF body turn, rec R (W sd & bk L, -, bk R with strong LF body turn head well to left, rec L);
- QQ	8 (Point & Contra Break) Point L to sd, -, fwd L with strong LF body turn, rec R (W point R ot sd, -, bk R with strong LF body turn head well to left, rec L);

- 9–12 **R HAND UNDERARM & STACK HANDS TO ; CHECKED ROPE SPIN ;**
CROSS HAND UNDERARM TURN ; BREAK BACK ½ OPEN HEAD LOOPS ;
- SQQ 9 (R Hand Underarm Turn Stack Hands)Sd L raise R hands, bk R, rec L
(SQ&Q) (W sd R, -, fwd & across L under R hands trng RF, fwd R RLOD);
- SQQ 10 (Checked Rope Spin)Cl R to L keep R hands high & join L hands low, switch L hands high & R hands low leading W to spiral RF, sd L taking L arm overhead, sd R taking R arm over head
(W fwd & sd L t M's R sd, spiral RF 7/8 RF on L, fwd R, fwd L around M);
- SQQ 11 (Cross Hand Underarm Turn)Sd L swivel ½ LF to point R to sd stacked R hands over L, -, Bk R taking R hands over W's head, rec L taking L hands over W's head
(W fwd R swiv RF ¼ on R point L to LOD, -, fwd & across L trng RF under R hands, fwd R under L hands cont RF trng);
- SQQ 12 (Break Bk ½ OP Head Loops)Sd R trng LF bringing R hands over head place W's L hand on M's L shoulder & then taking R arms over W's head to place M's R hand on W's R shoulder, -, bk L Releasing hand hold extend arm to sd, rec fwd R to ½ OP fc LOD;

- 12–16 **SWITCH & WALK REV ; SWITCH & WALK LOD FC ; BK BASIC ; LUNGE BREAK ;**
- SQQ 13 (Switch & Walk Rev) Fwd L trng ½ RF to L ½ OP RLOD, -, fwd R, fwd L;
- SQQ 14 (Switch & Walk LOD) Fwd R trng ½ LF to ½ OP LOD, -, fwd L, fwd R;
- SQQ 15 (Fc Bk Basic)Trng to fc ptnr CP sd L, -, bk R, rec L(W sd R, -, fwd L, rec R);
- SQQ 16 (Lunge Break)Sd R release CP, -, lower on R extending W bk, rise on R(W sd L, -, bk R, rec L);

ENDING

- 1 - 4 **SPOT TURN ; SD & EXPLODE APART ; REC LOW BFLY ; UNDERARM TURN ;**
- SQQ 1 (Spot Turn) On “Love” sd L, fwd & across R to LOD trng LF, fwd L RLOD cont LF trn
(W sd R, -, fwd & across L under lead hands trng RF, fwd R RLOD);
- SS 2 (Sd & Explode Apt)On “It’s Love” sd R low BFLY, -, on “My” trrn LF to OP LOD sd L sweep lead arms up & out to sd, -;
- S- 3 (Rec Tch)On “Foolish” rec R trng RF to fc ptnr, -, touch lead hands low BFLY, -;
- SQQ 4 (Underarm Turn)On “Heart” sd L raise lead hands, bk R, rec L
(W sd R, -, fwd & across L under lead hands trng RF, fwd R RLOD);
- 5 - 8 **TURN TO SHADOW HORSE & CART ; ; LADY SWIVEL TO OPEN HINGE ; ;**
- SQQ 5 (Horse & Cart) Cl R to skaters pos L hands joined, -, fwd L, rec R
(W fwd L to M's right side trng ½ RF to skaters pos, -, cont trng fc WALL bk R, rec L);
- S -- 6 Small sd L lower on ball of L R hand on W R hip follow W in LF turn, -, -, -;
(Q&Q&Q&Q&) (W fwd LF around M R/L, R/L, R/L , R/L);
- 7 (Lady Swivel to Open Hinge) Rise on L to CP WALL, - trng LF lower on L extend
(SS) R to RLOD(W fwd R to LOD trng LF to CP, -, XLIB lower on L point R to RLOD head well to left);
- 8 W place R hand on M's L shoulder both extend L arm out to side, -, cont extending line, -;