

PEG OF MY HEART

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CHOREO: Peg & John Kincaid, 9231 Limestone Place, College Pk. MD 20740,
(301) 935-5227 E-Mail: kincaidcpa@aol.com
www.dancerounds.info/kincaid

MUSIC: STAR Record or CD # 248, or CD: CDE 1023 "Cha Cha Carnival"
Track #11 available Palomino Records

FOOTWORK: Opposite unless indicated

RHYTHM: CHA RAL PHASE V+1 [turkish towel] + 1 unphased [circular cross body]

SEQUENCE: INTRO A B INTER A B INTERLUDE(1-3) TAG

SPEED: 45 rpm or as on CD (slow for comfort) Released: 5/08

INTRO

- 1-4 WAIT;; SHADOW NYR X 2;;
1-2 Fcg ptr WALL with R/R hnds jnd lead feet free & pointed sd wait;;
3-4 [SHADOW NYRS] With R/R hnds jnd trn 1/4 RF step thru L to RLOD with straight leg, rec R to fc ptr, sd L/cl R, sd L; Keep R/R hnds jnd trn 1/4 LF step thru R to LOD with straight leg, rec L to fc ptr, sd R/cl L, sd R;
- PART A
- 1-8 CIRCULAR CROSS BODY;;;;; SPOT TRN; DBLE CUBAN BRKS;;
1-2 [CIRCULAR CROSS BODY] With R/R hnds jnd fwd L, rec R trng 1/4 LF to fc LOD, sd L/cl R, sd L (W rk bk R, rec L, fwd R/cl L, fwd R fcg COH on M's R sd) end in L shape position with M fcg LOD & W fcg COH;
Rk bk R, rec L trng LF leading W across front of M with low R hnds cont trn LF in plc R/L, R trng W LF and bringing R hnds up bhd W (W fwd L COH, fwd R trng LF, cont trn L/R, L to fc DRC) blending to VARS pos DRC;
Rk fwd L, rec R rel L/L hnds, trng 1/8 LF to fc RLOD sd L/cl R, sd L (W fwd R, L trng 1/2 RF to fc DLW, cont RF trn 1/8 to fc WALL sed R/cl L, fwd R to fc WALL) end L shape pos with R/R hnds jnd;
rk bk R, rec L trng LF leading W across in front of M with low R hnds cont LF trn in plc R/L, R trng W LF & bringing R hnds up bhd W (W fwd L Wall, fwd R trng LF, cont trn fwd L/fwd R, fwd L) blending to VARS pos DLW;
Rk fwd L, rec R rel L/L hnds trng LF to fc WALL sd L/cl R, sd L (W fwd R, fwd L releasing jnd L hnds trng 1/2 RF to fc COH, sd R/cl L, sd R);
6 [SPOT TRN] Thru R trng 1/2 LF (W RF), rec L trn 1/2 LF (W RF) sd R/cl L, sd R end BFLY WALL;
7-8 [DBLE CUBAN BRKS] In BFLY pos fcg WALL XLIF of R/rec R, sd & slightly fwd L/rec R, XLIF of R/rec R, sd & slightly fwd L; XRIF of L/rec L, sd & slightly fwd R/rec L, XRIF of L/rec L, sd & slightly fwd R;
- 9-12 OP HIP TWST TO FAN;; ALEMANA OVERTRN TO L HND STAR;;
1 [OP HIP TWST] Ck fwd L, rec R, bk L/cl R, bk L sm steps pushing arm fwd gently to trn W (W bk R, rec L, fwd R/fwd L, fwd R swvl 1/4 RF on R to fc LOD);
2 [FAN] bk R, rec L, sd R/cl L, sd R (W fwd L, fwd R comm LF trn, cont LF trn bk L/lk RIF of L, bk L to end fcg RLOD with R ft extended fwd);
3-4 [ALEMANA OVERTRN TO L HND STAR] Fwd L, rec R, in plc L/R, L raise L hnd (W cl R, fwd L, fwd R/ lk LIB of R, fwd R comm RF trn); bk R, rec L, sd R/cl L, sd R trng 1/4 RF to fc RLOD raising L hnd to join with W's L hnd (W fwd L Xing LIF of R comm RF trn, fwd R cont RF trn, in plc L/R, L cont trn to fc LOD joining L hnd with ptr's L hnd);

PART A (CONT)

- 13-16 UMBRELLA TRN;;;;
13-14 [UMBRELLA TRN] With L/L hnds jnd fwd L, rec R, bk L/cl R, bk L (W bk R, rec L, fwd R/cl L, fwd R); bk R, rec L, fwd R/cl L, fwd R (W fwd L trng 1/2 RF undr jnd L hnds to fc RLOD, rec R, fwd L/cl R, fwd L);
15-16 REPEAT MEAS 13 (W fwd R trng 1/2 LF undr jnd L hnds to fc LOD, rec L, fwd R/cl L, fwd R); bk R, rec L trng 1/4 LF to fc ptr WALL release L hnd hold & jn both hnds in BFLY, sd R/cl L, sd R (fwd L trng 1/2 RF undr jnd L hnds, rec R cont trn to fc ptr, sd L/cl R, sd L) blending to BFLY WALL;

PART B

- 1-4 1/2 BASIC TO WHIP;; AIDA TO BK TRIPLE CHAS;;
1-2 [1/2 BASIC TO WHIP] Fwd L, rec R trng 1/4 LF, in plc L/R, L; leading W to XIF of M on M's L sd bk R cont LF trn 1/4 to fc COH, rec L, sd R/cl L, sd R (W fwd L comm to trn L IF of M on his L sd, fwd R trng 1/2 LF, sd L/cl R, sd) end CP COH with lead ft free;
3-4 [AIDA TO BK TRIPLE CHAS] Blend to LOP thru L twd LOD, trng LF sd R, cont LF trn bk L/lk RIF of L, bk L; bk R/lk LIF of R, bk R, bk L/lk RIF of L, bk L;
5-8 SWITCH WITH CUBAN BRK; SPOT TRN IN 4; DBLE CUBAN BRKS;;
5 [SWITCH WITH CUBAN BRK] In "V"bk to bk pos trail hnds jnd trn LF to fc ptr sd R bringing jnd hnds thru , rec R, XLIF of R/rec R, sd L;
6 [SPOT TRN IN 4] Fcg ptr COH thru L trng 1/2 RF (W LF), rec R trn 1/2 RF (W LF), sd L, sd R blending to BFLY;
7-8 [DBLE CUBAN BRKS] REPEAT MEAS 7 & 8 PART A;;
9-12 1/2 BASIC TO WHIP;; AIDA TO BK TRIPLE CHAS;;
9-10 [1/2 BASIC TO WHIP] REPEAT MEAS 1 & 2 PART B to end fcg WALL;;
11-12 [AIDA TO BK TRIPLE CHAS] REPEAT MEAS 3 & 4 PART B fcg WALL;;
13-16 SWITCH WITH CUBAN BRK; SPOT TRN IN 4; SHADOW NYR X 2;;
13 [SWITCH WITH CUBAN BRK] REPEAT MEAS 5 PART B fcg WALL;
14 [SPOT TRN IN 4] REPEAT MEAS 6 PART B fcg WALL join R/R hnds;
15-16 [NYR X 2] REPEAT MEAS 3 & 4 INTRO;;

INTERLUDE

- 1-8 TURKISH TOWEL EXTENDED;;;;; LADY AROUND THE MAN; SINGLE CUBAN BRKS; SPOT TRN IN 4;
1-5 [TURKISH TOWEL] Fwd L rec R, sd L/cl R, sd L (W bk R, rec L, sd & fwd R/cl L, fwd R); bk R, rec L, sd R/cl L, sd R to VARS pos with M in frnt of W to her R sd (W XLIF of R trng RF undr jnd hnds, fwd R cont trn, fwd L/R, L arnd M to end bhd M and to his left sd joining L hnds); ck bk L look at ptr, rec R, sd L/cl R, sd L to W's L sd (W ck fwd R look at ptr, rec L, sd R/cl L, sd R to M's R sd); ck bk R look at ptr, rec L, sd R/cl L, sd R to W's R sd (W ck fwd L look at ptr, rec R, sd L/cl R, sd L to M's L sd); REPEAT MEAS 3 INTERLUDE;
6 [LADY ARND THE MAN] bk R leading W to pass M on his R sd, rec L, sd R/cl L, sd R (W fwd L passing M on his R sd, fwd L trng 1/4 LF to fc ptr COH, sd L/cl R, sd L) end fcg ptr WALL;
7 [SINGLE CUBAN BRKS] XLIF of R (W XRIF of L), rec R/sd L, XRIF of L (W XLIF of R), rec L/sd R;
[SPOT TRN IN 4] REPEAT MEAS 6 PART B fcg WALL join R/R hnds;

REPEAT PART A & B

INTERLUDE (1-3)

TAG

- 1-3 LASY AROUND THE MAN; SINGLE CUBAN BRKS; OPEN BRK;
1 [LADY AROUND THE MAN] REPEAT MEAS 6 INTERLUDE;
2 [SINGLE CUBAN BRKS] REPEAT MEAS 7 INTERLUDE;
3 [OPEN BRK] Fcg ptr WALL lead hnds jnd bk L (W bk R), raise trail hnds & hold,-,;