

A Tender Heart

DANCE BY : Dwain & Judy Sechrist, 2148 E. Bighorn Mtn. Dr., Oro Valley, Az. 85737 (520) 825-6672
RECORD : DJR 330 A (SP available from choreographer)
FOOTWORK : Lady opposite (except as noted)
RHYTHM : Waltz **PHASE:** 6 **SPEED:** 44 (or slow to suit)
SEQUENCE : A, B, B(Mod), C, End Feb. 2000
1.03

A SEQ

1-4 RAISE ARMS ; R SWAY ; REC & CURL ; FWD M SWVL (W DEVELOPE) ;

- 1 - - - {**Wait pickup then raise arms**} In Tandem position both fcg LOD (W in front of M) weight on L ft with R ft back arms down at side slowly raise arms [L arm to side & R arm fwd];
[Same footwork 11 Meas.]
2 1- - {**R Sway**} Rec to R Sway Line trng bodies RF fcg DRW [L arm twd WL & R arm twd RLOD];
3 12 - {**Rec & Curl**} Rec L, fwd R LOD both arms up spiral LF to, sit-line bodies trnd to fc WL L legs XIF toward RLOD both arms extended to side;
4 12 - {**Develope**} Fwd L swivel LF to hnd shake, - , - (fwd L, develope, -);

5-8 W SYNC R TRN (WL) ; R LUNGE W/ARM SWEEP ; W ROLL TO SHAD ; R UNDERARM LOOP (LOD);

- 5 12 - {**W Sync R Trn**} Rec R trng RF raise jnd hnds to lead W's RF Trn, cl L, to right sd-by-sd (12&3) fcg WL w/right hnds still joined (fwd trng RF R,L/R,L passing M to end fcg WL);
6 1- - {**R Lunge w/L arm sweep**} Lunge sd R, sweep L arms up & across the body toward DRW palms up L;
7 123 {**W inside Trn to Shad LOD**} Rec L trng LF lead W's LF trn release R hnds as continue, fwd R, fwd L join L hnds with R hnd at W's waist (Rec trng LF L,R,L to shadow);
8 123 {**R Underarm Loop**} Both roll LOD trng RF undr jnd L hnds R, L, R release hnds;
9-12 FWD TO VARS & CK ; SLO BODY BEND ; TO LAY-BK DEVELOPE ; W SYNC LF SPIN (1/2 OP) ;

- 9 123 {**Fwd to Varsouvianne**} Fwd L, R, ck fwd L to Vars [High R hnd hld];
10 - - - {**Body Bend**} Bend forward as sweep both jnd hands over head & down twd feet, -, -;
11 1- - {**To Layback Develope**} Rec R trng to fc WL jnd hnds [R over L] over W's waist to support W as she does Develope, -, - (Rec R, layback upper body level to floor, Develope L);
12 123 {**W Sync Free LF Spin to 1/2 OP**} Fwd LOD L, fwd R, L to 1/2 OP LOD (Fwd trng LF L/R, (1&23) L,R);

13-16 OPEN NATRL ; OTSD SWVL & LILT PIVOT ; RIPPLE CHASSE (SCP) ; M UNDER ARM W/HND CHG;

- 13 123 {**Open Natural**} Fwd R, fwd & sd L, bk R (Fwd L, R, L);
14 123 {**Outside Swivel & Lilt Pivot**} Bk L lead W to otsd swivel, rec R rise on R pick-up W complete 1/8 LF trn, small fwd L (Fwd R, swivel RF, fwd L rise on L trng to CP, bk R small step);
15 12&3 {**Ripple Chasse to SCP**} Bk R w/R sway, sd L/cl R to neutral, sd L to SCP LOD;
16 123 {**M Underarm w/hnd chg**} Fwd R, fwd L trng LF undr jnd hnds, bk R to hnd shk (Fwd L, R, L);

17-18 W SYNC RF SPIN ; SAME FOOT LUNGE ;

- 17 123 {**W Sync RF Spin**} Bk L initiate W's RF free spin, sd R, cl L to fc COH catch W at end of spin (12&3) with R arm high on W's back (Fwd R, free RF spin L/R, L raise both arms over head as spin to fc DRW);
18 1- - {**Same Foot Lunge**} Depress on L as step sd & fwd R, xfr full wt to R ft, - (Depress on L as XRIB, xfr full wt to R, -);

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B SEQ

1-4 HOVER (BJO) ; OPN IMPETUS ; W ROLL ACRS (LOP) ; SOLO ROLL ;

- 1 -23 {**Hover to BJO**} Lead W to rec fwd, rec L trng LF, bk R BJO fcg RLOD (Fwd L, fwd R (123) w/hover trng LF, fwd L);
- 2 123 {**Open Impetus**} Bk L, heel trn chg to R, sd & fwd L DLC (Fwd R, sd L trng RF, sd & fwd R);
- 3 123 {**W Roll Across LOP**} Fwd R, L, R to LOP LOD (Fwd L trng RF, sd R trng RF, fwd L);
- 4 123 {**Inside Solo Roll**} Thru L trng LF, sd R trng LF, fwd L trng LF to fc ptrn;

5-8 FALWY RONDE & SLIP PVT ; OPN TELE ; OPN IN & OUT RUNS (TO SCP) ; ;

- 5 &123 {**Fallaway Ronde & Slip Pivot**} With slight spring action sd R to fc ptrn/ ronde L CCW, bk L, bk R slip pivot trng LF LOD (Sd L to fc ptrn/ ronde R CW, bk R, fwd L slip pivot trng LF);
- 6 123 {**Open Telemark**} Fwd L, fwd & sd R trng LF, sd & fwd L ½ OP DLW (Bk R, heel trn chg L, sd & fwd R);
- 7 123 {**M In & Out Run to L Half-OP**} Fwd R, fwd L trng RF, fwd R to L ½OP LOD (Fwd L, R, L);
- 8 123 {**W In & Out Run to SCP**} Fwd L, R, L (Fwd R, fwd L trng RF, fwd R to SCP LOD);

9-12 SYNC PIVOTS ; ; WING ; CLOSED TELE ;

- 9 1&23 {**Sync Pivot to SCP**} Fwd R trng RF/bk L CP pivoting RF, sd & bk R, fwd L SCP (Fwd L, fwd R pivoting RF, bk L trng RF, sd & fwd R); [1 full RF turn]
- 10 4&56 {**cont. Sync Pivot to SCP DLC**} Repeat Meas. 9
- 11 1- - {**Wing**} Thru R trng body LF leading wing, -, - (Thru L trng LF, fwd R trng LF, fwd L trng LF); (123)
- 12 123 {**Closed Telemark**} Fwd L, fwd & sd R trng LF, sd & fwd L CP DLW (Bk R, heel trn chg L, sd & bk R);

13-16 NATRL HOVER X ; ; TELE TO THROWAWAY ; ;

- 13 123 {**Natural Syncopated Hovercross**} Fwd R, fwd & sd L trng RF, sd & fwd R;
- 14 4&56 {**cont**} XLIF SCAR/rec R, sd L, XRIF CBJO (XRIB SCAR/rec L, sd R small step, bk L CBJO);
- 15 123 {**Telemark to**} Fwd L, fwd & sd R trng LF, bk L CP fcg RLOD delayed wt chg (Bk R, heel trn chg L, fwd R delayed wt chg); [the Telemark is under turned]
- 16 4-- {**Throwaway Oversway**} Take full wt to L trng upper body quickly LF, depress on L as quickly chg upper body to oversway line, extend R sd & bk (Take full wt to R as swivel LF, depress on R as extend L sd & bk, extnd to oversway line);

17-20 SWVL TO SAME FT; X HOVER (BJO) ; OPN IMPETUS ; OK OPN REV & SLIP ;

- 17 123 {**Swivel to Same Foot Lunge Line**} Recover from Throwaway trng RF leading W to swivel RF, cl R, depress on R as extend L to Lunge Line (Rise on R swivel RF, point L thru, depress on R);
- 18 -23 {**Cross Hover to BJO**} Hold as lead W to step fwd, fwd L CP trng LF w/hover, sd & bk R CBJO (123) (Fwd L trng LF, bk R small step CP hover trng LF, sd & fwd L);
- 19 123 {**Open Impetus**} Bk L, heel trn chg to R, sd & fwd L DLC (Fwd R, sd L trng RF, sd & fwd R);
- 20 12&3& {**Quick Open Reverse & Slip**} Thru R, fwd L trng LF/sd R, XLIB then rise trng LF to/slip pvt R trng LF (Thru L trng LF, bk R/sd L, XRIF then rise trng LF to/slip pvt fwd L trng LF);

21-24 TELE LUNGE; W SYNC UNDERARM; STEP TO DEVELOPE; HOVER (SCP);

- 21 123 {**Telemark to Open Lunge**} Fwd L, fwd & sd R trng LF stop W's movement, lunge sd & bk L fcg DRW retain lead hnd hld extend R arm to sd & up (Bk R, heel trn press L fcg DLW, depress into both legs R knee behind L extend L arm to side & up);
- 22 --- {**W Syncopated Underarm Turn**} Lead W to step fwd & twirl LF, swivel on L to fc W, chg (1&23) to hnd shake (Fwd L/R, L,R trng 1 1/2 LF to fc RLOD);
- 23 1-- {**Step to Develope**} Fwd R, -, - (Bk L, develope R, -);
- 24 123 {**Hover to SCP**} Rec L leading W to step fwd, hover on R to SCP, sd & fwd L DLW (Fwd R small step, sd & fwd L w/hover trng RF, sd & fwd R);

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Repeat B 1-14 (Mod Meas. 1)

1 - 4 OPEN NATURAL ; OPN IMPETUS ; W ROLL ACRS (LOP) ; SOLO ROLL ;

1 123 {Open Natural Turn} Fwd R, sd & bk L, bk R CBJO (Fwd L, R, L);

5 - 8 FALWY RONDE & SLIP PVT; OPN TELE; IN & OUT RUNS (TO SCP) ; ;

9-12 SYNC PIVOTS ; ; WING ; CLOSED TELE ;

13-16 NATRL HOVER X ; ; OPN TELE TO OK OVR SWAY & LINK (SCP) ; ;

15 123 {Open Telemark to Quick Promenade Oversway} Fwd L, fwd & sd R trng LF, sd & fwd L to Prom Sway (Bk R, heel trn chg L, sd & fwd R);

16 - 56 {cont Oversway & Link to SCP} Change sway, cl R, sd & fwd L SCP;

C SEQ

1-4 NATRL RUNNING WEAVE ; RISING LOCK ; VIENNESE TRN ; LEFT WHISK ;

1 1&23 {Natural Running Weave} Thru R trng RF/sd L CP DLW, bk R, XLIB CBJO (Thru L/cl R, sd & fwd L, XRIF);

2 123 {Rising Lock} Bk R trng LF, sd & fwd L w/rise, XRIB DLC (Fwd L trng LF, sd & bk R, XLIF);

3 123 {Viennese Turn} Fwd L, sd & bk R, XLIF fcg RLOD (Bk R, sd L, cl R);

4 123 {Left Whisk} Bk R, sd & bk L, XRIB fcg DRW w/R sway (Fwd L, sd & bk R, XLIB);

5-8 SYNC WHEEL ; 2 SWIVEL PTS ; ; BK HOVER (SCP) ;

5 1&23 {Syncopated Wheel} Unwind trng RF to end fcg LOD, - , - (Wheel trng RF R/L, R, L);

6 12- {Swivel & Point} Bk L, lead W's Swivel as pt R sd & bk, - (Fwd R, swivel RF on R, pt L sd & bk);

7 12- {Swivel & Point} Fwd R, lead W's Swivel as pt L sd & fwd, - (Fwd L, swivel LF on L, pt R sd & bk);

8 123 {Back Hover SCP} Bk L, bk R small step with rise trng W to SCP, sd & fwd L (Fwd R, fwd L small step with hover turn to SCP, sd & fwd R);

9-12 CHASSE ; WEAVE (to BJO) ; ; NATRL TRN ;

9 12&3 {Promenade Chasse} Thru R, sd L/cl R, sd L;

10 123 {Weave to BJO} Thru R, fwd L, sd R trng LF (Thru L, sd & bk R to CP, sd L trng LF);

11 456 {cont.} XLIB, bk R trng LF, sd & fwd L BJO (XRIF, fwd L trng LF, sd & bk R);

12 123 {Natural Turn} Fwd R, fwd & sd L, cl R CP RLOD;

13-16 HESIT CHG ; DBL REV 2 X (WL) ; ; SLO CONTRA CK ;

13 12- {Hesitation Change} Bk L trng RF, sd R cont trn to fc DLC, draw L to R;

14 12- {Double Reverse} Fwd L, fwd & sd R trng LF, cont. LF trn on R to fc DLW (Bk R, heel trn cl (12&3) L/sd & fwd R trng LF, XLIF);

15 12- {Double Reverse} Repeat Meas. 14 to fc WL

16 123 {Contra Check} Shape to right as depress into R leg, L fwd, take full wt to L in CBMP;

END

1-6 REC BRSH (SCP) ; CHASSE ; HOVER (BJO) ; BK PREP to ; SAME FT LUNGE ; REC to OK PROM OVR SWAY ;

1 123 {Recover to SCP} Rec R, w/RF body trn brush L to R hover action, sd & fwd L SCP;

2 12&3 {Promenade Chasse} Thru R, sd L/cl R, sd L;

3 123 {Hover to BJO} Thru R, fwd L w/rise, rec R (Thru L, fwd R trng LF w/rise, rec L);

4 1-- {Back Preparation to} Bk L trng RF, tch R to L, w/left sway (Fwd R trng RF CP, cl L to R,-); (12-)

5 1-- {Same Foot Lunge} Depress well into L leg as slide R sd & fwd no wt chg, move body over R foot taking full weight, shape to R looking well to R;

6 1-- {Recover to Promenade Oversway} Rec L, to Prom Sway, depress L trng body RF to Oversway (12-) Line looking twd RLOD (Rec L, sd R small step, trng body LF looking twd RLOD);