

"RHYTHM OF MY HEART"

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MUSIC: "Rhythm Of My Heart" The Best Of Rod Stewart, W. Bros., CD #78328, Track #1.

PHASE & RHYTHM: Phase VI West Coast Swing [Contact Choreographer for Availability]

SEQUENCE: INTRO, A, A, B, A (Mod), B (1-8), INT, C, B (1-8), B (Mod), END

INTRO

1-4 (LOP/RL0D) WAIT 2 MS;; SURPRISE WHIP;;
1-2 [WAIT] LOP/RL0D lead ft free wait 2 ms;;
3 123&4;567&8 [SURPRISE WHIP] LOP/RL0D bk L, fwd R outsd ptr's rt sd, trng rf tap L/rec R, fwd L LOD to ptr's lt sd
(W LOP fwd R, fwd L trn rf _ fc RL0D, bk R/cl L, fwd R);
4 Trng W rf _ ck fwd R LOD, rec bk L lead W rf underarm trn, stp in pl R/L, R LOP/LOD
(W trn rf _ ck bk L, rec fwd R trn rf underarm trn, stp in pl L/R, L LOP fc RL0D);

PART A

1-4 (LOP/LOD) SUGAR PUSH;;, CH TO CH W/ KICK & ANCHOR VAR,;; SYNC SD BRKS;
1 1234;1&2 [SUGAR PUSH] Bk L, ck bk R, pt L fwd, rec fwd L (W fwd R, ck fwd L, pt R bk, rec bk R);
2 34;123&4 Stp in pl R/L, R, (W stp in pl L/R, L,) [CHEEK TO CHEEK W/ KICK & ANCHOR VAR] Bk L, fwd R trn rf (W fwd R, fwd L trn lf);
3 Fc WALL kick fwd L, xLif, sd R/rec L, cl R trng lf to fc ptr (W fc WALL kick fwd R, xRif, sd L/rec R, cl L trng rf to fc ptr);
4 &;1&2&3&4 [SYNC SD BRKS] LOP/LOD stp out L/R, stp in L/R, stp out L/R, stp in L/R (W LOP out R/ L, stp in R/L, stp out R/ L, stp in R/L);

5-8 PT WHIP W/ DBL UNDERARM TRN EXIT;; TUMMY WHIP;;
5 1234;123&4 [WHIP W/ DBL UNDERARM TRN] LOP/LOD bk L, fwd R outsd ptr's rt sd, trng rf tap L LOD, fwd L RL0D to ptr's rt sd
(W LOP fc RL0D fwd R, fwd L trn rf _ fc LOD, settle into L hip pt R fwd LOD, fwd R);
6 Leading W 2 lf underarm trns xRib trn rf _ , fwd L LOD, stp in pl R/L, R LOP/LOD
(W fwd L lf underarm trn, bk R finish underarm trn, fwd L lf underarm trn/bk R, stp in pl L LOP fc RL0D);
7 123&4;123&4 [TUMMY WHIP] LOP/LOD bk L, fwd R outsd ptr's rt sd rt hd on W's tummy, trng rf tap L/rec R, fwd L RL0D to ptr's lt sd
(W LOP fc RL0D fwd R, fwd L, fwd R/cl L, bk R);
8 XRib trn rf _ lt hd on W's tummy, fwd L lead W bk , stp in pl R/L, R LOP/LOD (W bk L, bk R, stp in pl L/R, L LOP fc RL0D);

PART A

1-4 (LOP/LOD) SUGAR PUSH;;, CH TO CH W/ KICK & ANCHOR VAR,;; SYNC SD BRKS;
5-8 PT WHIP W/ DBL UNDERARM TRN EXIT;; TUMMY WHIP;;

PART B

1-4 (BFY/LOD) SAILOR SHUFFLES; VINE 3 & KICK TO WALL;
SYNC BK VINE M RKS/W SWVLS; TAP,STP M ANCHOR/W COASTER;
1 1&23&4 [SAILOR SHUFFLES] BFY/LOD xLib/sd R, stp in pl L, xRib/sd L, stp in pl R (W BFY xRib/sd L, stp in pl R, xLib/sd R, spt in pl L);
2 1234 [VINE 3 & KICK] xLib, sd R, xLif trn rf LOP/Wall, kick R fwd (W xRib, sd L, xRif trn lf LOP/WALL, kick L fwd);
3 1&234 [SYNC BK VINE M RKS/W SWVLS] Bk R/trn lf sd L, xRif BFY/LOD, rk sd L, rec R
(W bk L/trn rf sd R, xLif BFY, swvl lf on L stp R, swvl rf on R stp L);
4 123&4 [TAP, STP M ANCHOR/W COASTER] BFY tap L, stp fwd L, stp in pl R/L, R LOP/LOD (W Tap R, stp bk R, bk L/cl R, fwd L LOP);

5-8 SUGAR SURPRISE 3 TO TRAVEL KICK/BALL SWVLS & SLINGSHOT THROWOUT END;;;
5 * [SUGAR SURPRISE TO TRAVEL KICK/BALL SWVLS] LOP/LOD bk L, cl R, fwd L ptr's rt sD, lead W swvl rf kick R fwd/lead W
swvl lf bk R (W LOP fwd R, fwd L, fwd R to ptr's rt sd, swvl _ rf kick L fwd LOD/swvl _ lf fwd L RL0D);
6 Bk L, lead W swvl rf kick R fwd/lead W swvl lf bk R, bk L, lead W swvl rf kick R fwd/ lead W swvl lf bk R
(W fwd R, swvl _ rf kick L fwd LOD/swvl _ lf fwd L RL0D, fwd R, swvl _ rf kick L fwd LOD/swvl _ lf fwd L RL0D);
7 Bk L, lead W swvl rf kick R fwd/cl R lead W into bk stp, [SLINGSHOT THROWOUT] Lunge fwd L, rec bk R lead W fwd
(W fwd R, swvl _ rf kick L fwd LOD/ bk L,) (W cl R, fwd L LOD);
8 Fwd L/R, L, spt in pl R/L, R LOP/LOD (W fwd L/R, L trn lf, spt in pl R/L, R LOP fc RL0D);
(W fwd LOD R/L, R trn lf, spt in pl L/R, L LOP fc RL0D);
* {TIMING FOR MS 5-8 is 1234&;12&34&;12&34;1&23&4;}

9 CHICKEN WKS 2 SLO;
9 1_3_ [CHICKEN WKS 2 SLO] Bk L, __, bk R, __ LOP/LOD (W swvl on L & stp fwd R, __, swvl on R & stp fwd L, __ LOP fc RL0D);

"RHYTHM OF MY HEART" Cont.

PART A (Mod)

- 1-4** **(LOP/LOD) SUGAR PUSH,,; CH TO CH W/ KICK & ANCHOR VAR,,; SYNC SD BRKS;**
5-9 **PT WHIP W/ DBL UNDERARM TRN EXIT;; UNDERARM TRN W/ M'S HOOK TRN;;**
RT SD PASS W/ TUCK & SPIN,,;
- 7 123&4;1&2 **[UNDERARM TRN M'S HOOK TRN]** LOP/LOD bk L, fwd R outsd ptr's rt sd, lead W lf underarm trn tap L/rec R, trn rf fwd L RLOD (W LOP fwd R, fwd L, lf underarm trn R/L, R LOP fc LOD);
- 8 34;123&4 Hook Rib/trn rf _ stp in pl L, join rt hds fwd R TANDEM/LOD **[RT SD PASS W TUCK & SPIN]** LOD ck fwd L lead W fwd, rec bk R (W stp in pl L/R, L join rt hds TANDEM/LOD,) (W fwd R, fwd L pass M's rt sd LOD);
- 9 Tap fwd L lead W tuck lf, stp fwd L lead W rf spin, stp in pl R/L, R BFY/LOD (W tuck lf toward ptr tap fwd R, fwd R spin rf, stp in pl L/R, L BFY fc RLOD);

PART B (1-8)

- 1-4** **(BFY/LOD) SAILOR SHUFFLES; VINE 3 & KICK TO WALL;**
5-8 **SYNC BK VINE M RKS/W SWVLS; TAP, STP M ANCHOR/W COASTER;**
SUGAR SURPRISE 3 TO TRAVEL KICK/BALL SWVLS & SLINGSHOT THROWOUT END;;;

INTER

- 1-6** **(LOP/LOD) TUCK & TWL TO HAMMERLK;, UNDERARM TRN EXIT TO,,;**
TRIPLE TRAVEL & ROLL;;;
- 1 1234;1&2 **[TUCK & TWL TO HAMMERLK]** LOP/LOD bk L, bk R, BFY pt L bk lead W tuck lf, fwd L lead W rf twl HAMMERLK POS/LOD (W LOP fwd R, fwd L, BFY tuck lf tap R bk, stp bk R twl rf full trn under lead arms lt arm beh back HAMMERLK POS fc RLOD);
- 2 34;1&23&4 Stp in pl R/L, R HAMMERLK POS/LOD, **[UNDERARM TRN EXIT]** Bk L, fwd R outsd ptr's rt sd (W HAMMERLK POS stp in pl L/R, L fc RLOD,) (W HAMMERLK POS fwd R, fwd L RLOD);
- 3 Tap fwd L/rt trn rec R lead W lf underarm trn, fwd L RLOD fc Wall join rt hds, sd R/cl L, sd R (W lf underarm trn R/L, R join rt hds fc COH, sd L/cl R, sd L);
- 4 * **[TIPPLE TRAVEL & ROLL]** Rt hds joined roll rf 1_ L, R fc COH join lt hds, sd L/cl R, sd L (W rt hds joined roll rf 1_ R, L fc WALL join lt hds, sd R/cl L, sd R);
- 5 Trn lf _ fc Wall join rt hds, sd R/cl L, sd R, trn rf _ fc COH join lt hds sd L/cl R, sd L (W trn lf _ fc COH join ft hds, sd L/cl R, sd L, trn rf _ fc WALL join lt hds sd R/cl L, sd R);
- 6 Roll lf 1_ R, L fc ptr & RLOD, stp in pl R/L, R LOP/RLOD (W roll lf 1_ L, R, fc ptr & LOD, stp in pl L/R, L LOP fc LOD);
- * **{MAN'S & LADY'S TIMING FOR MS 4-6 is 123&4;1&23&4;123&4;}**

PART C

- 1-4** **(LOP/RLOD) LT SD PASS;;, WRAP TRANS & 2 HIP BUMPS,,; M 4 CL/PTS--W SD/TCHS;**
- 1 123&4;1&2 **[LT SD PASS]** LOP/RLOD bk L, rec fwd R lf trn, pt L fwd , stp fwd L LOD (W LOP fwd R, fwd L, trng lf fwd R/L R pass M's lt sd);
- 2 34;1234 Stp in pl R/L, R LOP/LOD, **[WRAP TRANS & HIP POPS]** LOP bk L, fwd R outsd ptr's rt sd (W stp in pl L/R, L LOP fc RLOD,) (W fwd R RLOD, fwd L pass ptr's rt sd);
- 3 (34;1&234) Sd L lead W lf underarm to WRAP POS/WALL, sd R, pt L sd settle into rt hip/correct stance, settle into rt hip/correct stance (W fwd L/R, L lf underarm trn to WRAP POS/WALL, pt L sd settle into rt hip/correct stance, settle into rt hip/correct stance);
- 4 &;1&2&3&4 **[M CL/PTS--W SD/TCHS]** WRAP POS/WALL cl L/pt R sd, cl R/pt L sd, cl L/pt R sd, cl R/pt L sd (W WRAP POS/WALL sd L/tch R to L, sd R/tch L to R, sd L/tch R to L, sd R/tch L to R);
- 5-8** **THROWOUT TRANS; UNDERARM TRN W/ MAN'S HOOK TRN;;**
RT SD PASS W/ TUCK & SPIN,,;
- 5 123&4 **[THROWOUT TRANS]** WRAP POS/WALL tap L fwd LOD lead W fwd, stp fwd L, stp in pl R/L, R LOP/LOD (W WRAP POS/WALL fwd L LOD, fwd R trn lf, stp in pl L/R, L LOP fc RLOD);
- 6 123&4;1&2 **[UNDERARM TRN M'S HOOK TRN]** LOP/LOD bk L, fwd R outsd ptr's rt sd, lead W lf underarm trn tap L/rec R, trn rf fwd L RLOD (W LOP fwd R, fwd L, lf underarm trn R/L, R LOP fc LOD);
- 7 34;123&4 Hook Rib/trn rf _ stp in pl L, join rt hds fwd R TANDEM/LOD **[RT SD PASS W TUCK & SPIN]** LOD ck fwd L lead W fwd, rec bk R (W stp in pl L/R, L join rt hds TANDEM/LOD,) (W fwd R, fwd L pass M's rt sd LOD);
- 8 Tap fwd L lead W tuck lf, stp fwd L lead W rf spin, stp in pl R/L, R BFY/LOD (W tuck lf toward ptr tap fwd R, fwd R spin rf, stp in pl L/R, L BFY fc RLOD);

"RHYTHM OF MY HEART" Cont.

PART B (1-8)

- 1-4 **(BFY/LOD) SAILOR SHUFFLES; VINE 3 & KICK WALL;**
SYNC BK VINE M RKS/W SWVLS; TAP, STP M ANCHOR/W COASTER;
5-8 **SUGAR SURPRISE 3 TO TRAVEL KICK/BALL SWVLS & SLINGSHOT THROWOUT END;;;;**

PART B (Mod)

- 1-4 **(BFY/LOD) SAILOR SHUFFLES; VINE 3 & KICK WALL;**
SYNC BK VINE M RKS/W SWVLS; TAP, STP M ANCHOR/W COASTER;
5-8 **SUGAR SURPRISE 3 TO TRAVEL KICK/BALL SWVLS & SLINGSHOT THROWOUT END;;;;**
9-10 **SURPRISE WHIP;;;**

- 9 123&4;567&8 [SURPRISE WHIP] LOP/LOD bk L, fwd R outsd ptr's rt sd, trng rf tap L/rec R, fwd L RLOD to ptr's lt sd
(W LOP fwd R, fwd L trn rf _ fc LOD, bk R/cl L, fwd R);
10 Trng W rf _ ck fwd R RLOD, rec bk L lead W rf underarm trn, stp in pl R/L, R LOP/RLOD
(W trn rf _ ck bk L, rec fwd R trn rf underarm trn, stp in pl L/R, L LOP fc LOD);

END

- 1-4 **(RT HDS/ RLOD) HEAD LOOP SUGAR PUSH & KICK/BALL CHG;;**
PT WHIP W/ DBL UNDERARM TRN EXIT;;;

- 1 1234;1&23&4 [HEAD LOOP SUGAR PUSH & KICK/BALL CHG] Join rt hds RLOD bk L, bk R, pt L fwd loop W's rt hd over head, stp fwd L
(W rt hds fwd R, fwd L, tap R bk rt arm over M's neck, stp bk R);
2 Stp in pl R/L, R, kick L fwd/cl ball of L to R, stp in pl R LOP/RLOD (W stp in pl L/R, L, kick R fwd/cl ball of R to L, stp in pl L fc LOD);
5 1234;123&4 [WHIP W/ DBL UNDERARM TRN] LOP/RLOD bk L, fwd R outsd ptr's rt sd, trng rf tap L RLOD, fwd L LOD to ptr's rt sd
(W LOP fc LOD fwd R, fwd L trn rf _ fc RLOD, settle into L hip pt R fwd RLOD, fwd R RLOD);
6 XRib trn rf _ Leading W 2 lf underarm trns xRib trn rf _ , fwd L RLOD, stp in pl R/L, R LOP/RLOD
(W fwd L lf underarm trn, bk R finish underarm trn, fwd L lf underarm trn/bk R, stp in pl L LOP fc LOD);

- 5-8 **LT SD PASS & KICK/BALL CHG;; WRAPPED WHIP;;;**

- 5 1234;1&23&4 [LT SD PASS & KICK/BALL CHG] LOP/RLOD bk L, rec fwd R lf trn, pt L fwd , stp fwd L LOD
(123&4;1&23&4) (W LOP fwd R, fwd L, trng lf fwd R/L R pass M's lt sd);
6 Stp in pl R/L, R, kick L fwd/cl ball of L to R, stp in pl R BFY/LOD (W stp in pl L/R, L, kick R fwd/cl ball of R to L, stp in pl L fc RLOD);
7 123&4;123&4 [WRAPPED WHIP] BFY/LOD bk L, fwd R outsd ptr's rt sd lead hd over W's head , trng rf tap L/rec R, fwd L RLOD to ptr's lt sd
(W BFY fc RLOD fwd R, fwd L under lead hds to WRAPPED POS, fwd R/cl L, bk R);
8 XRib trn rf _ release trail hds, fwd L lead W bk, stp in pl R/L, R LOP/LOD
(W bk L release lead hds, bk R, stp in pl L/R, L LOP fc RLOD);

- 9-12 **TUCK & SPIN;;, MAN'S UNDERARM PASS BOTH RONDE & HOOK TRN BK TO BK,;;;**
SLO SWVL TO FC LADY COMB HAIR W/ BODY CARESS;

- 9 1234;1&2 [TUCK & SPIN] LOP/LOD bk L, bk R, pt L bk lead W tuck lf, stp fwd L lead W spin rf
(W LOP fwd R, fwd L, pt R bk tuck lf, stp bk R spin rf fc RLOD);
10 34;1&23&4 Stp in pl R/L, R LOP/LOD, [M's UNDERARM PASS BOTH RONDE & HOOK TRN] LOP/LOD bk L, fwd R outsd ptr's lt sd
(W LOP stp in pl L/R, L LOP fc RLOD,) (W LOP fwd R, fwd L ptr outsd lt sd);
11 Trn rf underarm fwd L/R, L fc RLOD, ronde R cw hook Rib/trn rf _ stp in pl L, fwd R BK to BK fc LOD lead hds joined
(W trn lf R/L, R fc RLOD, ronde L ccw hook Lib/trn lf _ stp in pl R, fwd L BK TO BK fc RLOD lead hds joined);
12 _____ [SLO SWVL TO FC W COMB HAIR W/ BODY CARESS] Lead hds joined slo swvl lf of R fc RLOD pt L fwd rt hd on hip, __, __, __
(W lead hds joined slo swvl rf on L fc LOD pt R fwd bring lt hd up over top of head & down front of body to hip, __, __, __);