



# Heart



**Choreographer:** Jim & Kathie Kline, 207 N. Mason Street, Smithfield, VA 23430

**Email:** jim@kallingkline.com, **Released:** March, 2020

**Artist:** Amber Lawrence, **Album:** Spark, Track 1 (2019)

**Time:** 3:45, **Speed:** 100%

**Download:** [https://www.amazon.com/dp/B07QKY1YYN/ref=dm\\_ws\\_tlw\\_trk1](https://www.amazon.com/dp/B07QKY1YYN/ref=dm_ws_tlw_trk1)

**Preview:** <https://www.youtube.com/watch?v=LNhZKsj1rFQ>

**Rhythm:** Foxtrot, Phase III, **Difficulty:** Easy

**Footwork:** Opposite unless noted (Woman's footwork in parenthesis)

**Sequence:** INTRO, A, A, B, BR, A, B, C, A, B, END

## INTRODUCTION

### 1-2 (CP LOD) WAIT 1 ; DIP BK & REC ;

1-2 {Wait} in CP fcg LOD wait 1 meas.,-,,-; dip bk L,-, rec R,-;

## PART A

### 1-4 LEFT TURNING BOX (SCAR) ;;;;

1-2 {Begin Left Turning Box} fwd L trn LF 1/4,-, sd R, cl L; bk R trn LF 1/4,-, sd L, cl R;

3-4 {Finish Left Turning Box} fwd L trn LF 1/4,-, sd R, cl L; bk R trn LF 1/4,-, sd L, cl R blndg to SCAR DLW;

### 5-8 CROSS HOVER (SCP) ; THRU FC CL ; 1/2 BOX FORWARD ; BOX FINISH (LOD) ;

5-6 {Cross Hover SCP} in SCAR XLIFR (W XRIBL)-, sd R w/rise, rec L to SCP; {Thru Face Close} thru R,-, sd L trng to fc ptr, cl R to CP WALL;

7-8 {Half Box} fwd L,-, sd R, cl L; {Box Finish LOD} bk R trng 1/4 LF,-, sd L, cl R to fc LOD;

## REPEAT PART A

## PART B

### 1-4 FORWARD RUN 2 TWICE ;; FOXTROT BOX ;;

1-2 {Forward & Run 2} fwd L,-, fwd R, fwd L; fwd R,-, fwd L, fwd R;

3-4 {Foxtrot Box} fwd L,-, sd R, cl L; bk R,-, sd L, cl R;

### 5-8 2 LEFT TURNS ;; WHISK ; THRU FACE CLOSE ;

5-6 {2 Left Turns} fwd L trng 1/4 left face to fc COH,-, sd & bk R trng ¼ left face to fc RLOD, cl L; bk R trng 1/4 left face to fc WALL,-, sd L, cl R;

7-8 {Whisk} fwd L,-, sd & fwd R, XLib to SCP; {Thru Face Close} thru R,-, sd L trng to fc ptr, cl R to CP WALL;

### 9-12 HOVER ; MANEUVER ; SPIN TURN (CP LOD) ; BACK HALF BOX ;

9-10 {Hover} fwd L,-, sd & fwd R w/ rise, rec L; {Maneuver} fwd R trn R,-, sd L cont RF trn to fc RLOD, cl R;

11-12 {Spin Turn} bk L pvtg RF 1/2,-, fwd R w/rise, sd & bk L to CP LOD; {Back Half Box} bk R,-, sd L, cl R;

### 13-16 1 LEFT TURN (CP RLOD) ; BACK & RUN 2 ; 2 RIGHT TURNS (CP LOD) ;;

13-14 {Left Turn} fwd L trng 1/4 LF to CP ,-, sd R cont LF 1/4 trn to fc RLOD, cl L; {Back & Run 2} bk R,-, bk L, bk R;

15-16 {Right Turns} bk L trn 1/4 RF,-, sd R lod trn 1/4 RF, cl L; fwd R trn 1/4 RF,-, sd L trng to fc wall, cl R;

## BRIDGE

### 1-2 PROGRESSIVE BOX ;:

1-2 {Progressive Box} fwd L,-,sd R, cl L; fwd R,-, sd L, cl R;

REPEAT PART A  
REPEAT PART B

## PART C

### 1-4 FOXTROT BOX (SCAR DLW) ;: CROSS HOVER (BJO) ; CROSS HOVER (SCAR) ;

1-2 {Box to SCAR} fwd L,-, sd R, cl L; bk R,-, sd L, cl R trng to SCAR DLW;

3-4 {Cross Hover BJO} in SCAR XLIFR (W XRIBL),,-, sd R w/rise (W bk L w/rise), rec L to BJO; {Cross Hover SCAR} in BJO XRIFL (W XRIBL),,-, sd L w/rise, rec R to SCAR;

### 5-8 CROSS HOVER (SCP) ; THRU FC CL ; 1/2 BOX FORWARD ; BOX FINISH (LOD) ;

5-6 {Cross Hover SCP} in SCAR XLIFR (W XRIBL),,-, sd R w/rise, rec L to SCP; {Thru Face Close} thru R,-, sd L trng to fc ptr, cl R to CP WALL;

7-8 {Half Box} fwd L,-, sd R, cl L; {Box Finish LOD} bk R trng 1/4 LF,-, sd L, cl R to fc LOD;

REPEAT PART A  
REPEAT PART B

## ENDING

### 1-2 FORWARD & TOUCH ; STEP BACK & DIP BACK ;

1-2 {Forward & Touch} fwd L,-, tch R next to R,-; {Back & Dip Back} bk R,-, bk L leaving R leg extended,-;

## **Heart**

Jim & Kathie Kline; December, 2019  
Amber Lawrence; Spark, Track 1 (2019)  
Foxtrot; Phase 3

Sequence: INTRO, A, A, B, BR, A, B, C, A, B, END

### **INTRODUCTION**

1-2\_\_\_(CP LOD) WAIT 1 ; DIP BK & REC ;

### **PART A**

1-4\_\_\_LF TRN BOX (SCAR) ;;;  
5-6\_\_\_X HVR (SCP) ; THRU FC CL ;  
7-8\_\_\_1/2 BOX FWD ; BOX FIN (LOD) ;

### **PART A**

1-4\_\_\_LF TRN BOX (SCAR) ;;;  
5-6\_\_\_X HVR (SCP) ; THRU FC CL ;  
7-8\_\_\_1/2 BOX FWD ; BOX FIN (LOD) ;

### **PART B**

1-2\_\_\_FWD RUN 2 TWICE ;;  
3-4\_\_\_FOXTROT BOX ;;  
5-8\_\_\_2 LF TRNS ;; WHISK ; THRU FC CL ;  
9-10\_\_\_HOVER ; MANUVER ;  
11-12\_\_\_SPIN TRN (CP LOD) ; BK 1/2 BOX ;  
13-14\_\_\_1 LF TRN (CP RLOD) ; BK & RUN 2 ;  
15-16\_\_\_2 RT TRNS (LOD) ;;

### **BRIDGE**

1-2\_\_\_PROG BOX ;;

### **PART A**

1-4\_\_\_LF TRN BOX (SCAR) ;;;  
5-6\_\_\_X HVR (SCP) ; THRU FC CL ;  
7-8\_\_\_1/2 BOX FWD ; BOX FIN (LOD) ;

### **PART B**

1-2\_\_\_FWD RUN 2 TWICE ;;  
3-4\_\_\_FOXTROT BOX ;;  
5-8\_\_\_2 LF TRNS ;; WHISK ; THRU FC CL ;  
9-10\_\_\_HOVER ; MANUVER ;  
11-12\_\_\_SPIN TRN (CP LOD) ; BK 1/2 BOX ;  
13-14\_\_\_1 LF TRN (CP RLOD) ; BK & RUN 2 ;  
15-16\_\_\_2 RT TRNS (LOD) ;;

### **PART C**

1-2\_\_\_FX BOX (SCAR DLW) ;;  
3-4\_\_\_X HVR (BJO) ; X HVR (SCAR) ;  
5-6\_\_\_X HVR (SCP) ; THRU FC CL ;  
7-8\_\_\_1/2 BOX FWD ; BOX FIN (LOD) ;

### **PART A**

1-4\_\_\_LF TRN BOX (SCAR) ;;;  
5-6\_\_\_X HVR (SCP) ; THRU FC CL ;  
7-8\_\_\_1/2 BOX FWD ; BOX FIN (LOD) ;

### **PART B**

1-2\_\_\_FWD RUN 2 TWICE ;;  
3-4\_\_\_FOXTROT BOX ;;  
5-8\_\_\_2 LF TRNS ;; WHISK ; THRU FC CL ;  
9-10\_\_\_HOVER ; MANUVER ;  
11-12\_\_\_SPIN TRN (CP LOD) ; BK 1/2 BOX ;  
13-14\_\_\_1 LF TRN (CP RLOD) ; BK & RUN 2 ;  
15-16\_\_\_2 RT TRNS (LOD) ;;

### **ENDING**

1-2\_\_\_FWD 1/2 BOX ; STP BK & DIP BK ;