

## BEWARE MY FOOLISH HEART

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Record: "My Foolish Heart" STAR 132 Available from Palomino Records or Choreographers

Footwork: Opposite, directions for man (*woman in parentheses*) Speed: 42-43 RPM Time: 2:15

Phase and Rhythm: Roundalab 4 + 2 + 1 (Outside Spin, Double Reverse, Unphased-Viennese Cross)

Timing: Waltz timing 1,2,3 except where noted

Released: April, 2000

Sequence: Introduction, A, B, A, B 1-14, End

### INTRODUCTION

#### 1-4 SHADOW POS FCG DRC BOTH w/ RT FT FREE LFT HANDS JND WAIT 1; CROSS CHK REC SD; M CHASSE-W LFC TRN 3 TO BFLY SCAR; FWD-DEVELOPE;

- 1 In shadow pos fcg DRC both with R ft free and left hands joined wait 1;
- 2 XRIF checking, rec L rising, sd R trng rfc DLC;
- 3 12&3(123) Fwd L in Shad Pos, rising fwd R/cfs L with lead hand lead W to trn lfc, fwd R (*W thru L in Shad Pos fcg DLC M will lead W's left hand over her head, sd R rising trng lfc to fc DRC W's left hand will be overhead, bring down to her lft side at end of step, bk L*) to BFLY SCAR DLW;
- 4 Chk fwd L,-,- (*W bk R, bring L knee up and forward of R knee, extend L ft*) DLW;

### PART A

#### 1-4 OPN FINISH; SYNC TWISTY VINE SCAR; OPN REV; OUTSD CHK RLOD;

- 1 Bk R, blnd to CP sd and fwd L rising, fwd R to CBJO DLC;
- 2 1&23 Fwd L DLC/sd R trng slightly lfc to step LOD, XLIB, sd R (*W Bk R DLC across M's line/sd & bk L, XRIF, sd and bk L*) to SCAR DLC;
- 3 Fwd L trng lfc, cont trng rising sd R, bk L to CBJO DRC;
- 4 Bk R trng lfc, sd and fwd L, chk fwd R to CBJO RLOD;

#### 5-8 IMPETUS SCP; WEAVE BJO;; FWD-DEVELOPE;

- 5 Bk L trng rfc, cls R heel trn cont trng rfc w/ rise, fwd L to SCP DLC;
- 6-7 Fwd R, fwd L trng lfc rising CP, sd and bk R; bk L to CBJO, bk R trng lfc rising, sd and fwd L to CBJO LOD;
- 8 Chk fwd R,-,- (*W bk L, bring R knee up and forward of L knee, extend R ft*) LOD;

#### 9-12 BK HVR SCP DLC; SLOW SD LK DLC; DBL REV SPIN; HVR TELEM RK;

- 9 Bk L blnd to CP, sd and bk R rising, fwd L to SCP DLC;
- 10 Thru R, sd and fwd L slight lfc trn rising to CP, XRIB (*W thru L trng lfc, sd and bk R rising, XLIF*) DLC;
- 11 123(12&3) Fwd L trng lfc, sd and fwd R rising cont spin lfc, tch L (*W bk R draw L to R, trn lfc on R heel transfer weight to L /fwd R trn lfc rising, cont trn XLIFR*) to CP DLW;
- 12 Fwd L, sd and fwd R rising, fwd L trng rfc to SCP DLW;

#### 13-16 CRS PVT SCAR; CRS HVR SCP; VIENNESE CROSS; HVR CORTE DLW;

- 13 Fwd R acrs W trng rfc, sd L cont trng w/ rise, fwd R (*W fwd L trng rfc, fwd R between M's feet cont trng w/ rise, sd and bk L*) to SCAR DLC;
- 14 Fwd L, fwd R rising blnd CP, fwd L to SCP DLC;
- 15 123& Thru R, fwd L trng lfc to DRC, sd and fwd R cont lfc trn rising/XLIF (*W thru L, trng lfc fwd and sd R to DLW, cont. lfc sd and bk L/cfs R*) to CP RLOD;
- 16 Bk R trng lfc, sd and fwd L twd DLW rising, rec R to CBJO DLW;

### PART B

#### 1-4 OUTSD SPIN; OPN FN SH; OP TELEM RK; CHAIR & SLIP;

- 1 Bk L trng strong rfc with rt sd lead, fwd R rising cont spin, sd and bk L to CP DLW;
- 2 Bk R, sd and fwd L rising trng lfc, fwd R to CBJO DLC;
- 3 Fwd L blnd CP trng lfc, sd and fwd R rising cont trn (*W heel trn*), sd and fwd L to SCP DLW;
- 4 Chk thru R, rec L rising, slip R behind L with lfc trn (*W thru L, rec R, swvl lfc on R fwd L*) to CP DLC;

**5-8 DBL REV SPIN; HVR TELEMURK; OPN NAT; BK HVR TELEMURK;**

- 5 123(12&3) Fwd L trng lfc, sd and fwd R rising cont spin lfc, tch L (*W bk R draw L to R, trn lfc on R heel transfer weight to L/fwd R trn lfc rising, cont trn XLIFR*) to CP DLW;  
6 Fwd L, sd and fwd R rising, fwd L trng rfc to SCP DLW;  
7 Fwd R acrs W, sd and fwd L rising trng rfc, bk R (*W fwd L, fwd R, fwd L*) to CBJO DRC;  
8 Bk L trng rfc, cont trng sd and fwd R rising, fwd L to SCP LOD;

**9-12 M CHASSE-W RFC TRN 3 TO SKTRS; NAT HVR FALLAWY; OUTSD CHG; FWD-W QK STEP RONDE BFLY BJO;**

- 9 12&3(123) Thru R, sd L/cls R, sd L (*W fwd trng RFC L,R,L*) to SKTRS DLW;  
10 With M's and W's lft hand joined and M's rt hand on W's rt hip/waist both with R foot free fwd R twd wall trng rfc, fwd L rising trng rfc toward DRW, bk R to cont fcg DRW in SKTRS;  
11 In skaters both with L foot free bk L, bk R rising trng lfc, sd and fwd L to DLW in SKTRS;  
12 123(1&23) Staying low in knees no rise fwd R leading W fwd, with lft hand lead to create swvl action -,- (*W small fwd R/small fwd L M will lead swvl action with joined lft hands on 2<sup>nd</sup> step, swvl lfc on L w/a R foot floor ronde,-*) to BFLY BJO;

**13-16 BK, SLOW OUTSD SWVL SCP; THRU, DBL CHASSE CP; WHSK; THRU, SD DRAW DLW;**

- 13 Staying low no rise bk L, XRIF no weight,- (*W fwd R, swvl rfc on R ft,-*) to CP LOD;  
14 12&3& Fwd R, rising trng rfc sd/cls, sd/cls (*W fwd L, rising trng lfc sd/cls, sd/cls*) to CP DLW;  
15 Fwd L, sd and fwd R begin rising, XLIB finish rise to balls of feet to SCP DLC;  
16 Thru R, fwd and sd L to CP with lft side stretch, slowly draw R to instep of L to CP DLW;

**END**

**1-2 TWRL VN 4; SLOW OVERSWAY;**

- 1 1234 With chg in music temp even count sd L, XRIB, sd L, XRIF (*W twirl rfc under lead hnds R,L,R,L*) SCP;  
2 SS Sd L stretch lft sd look over lead hands,-, relax left knee trn upper body slightly lft fc with R extended RLOD,-;

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**QUICK CUES**

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Speed: 42-43 RPM

**INTRODUCTION**

- 1-4 **SHADOW POS FCG DRC BOTH w/ RT FT FREE LFT HANDS JND WAIT 1; CROSS CHK REC SD; M CHASSE-W LFC TRN 3 TO BFLY SCAR; FWD-DEVELOPE;**

**PART A**

- 1-4 **OPN FINISH; SYNC TWISTY VINE SCAR; OPN REV; OUTSD CHK RLOD;**  
5-8 **IMPETUS SCP; WEAVE BJO;; FWD-DEVELOPE;**  
9-12 **BK HVR SCP; SLOW SD LK DLC; DBL REV SPIN; HVR TELEMURK;**  
13-16 **CRS PVT SCAR; CRS HVR SCP; VIENNESE CROSS; HVR CORTE DLW;**

**PART B**

- 1-4 **OUTSD SPIN; OPN FNH; OP TELEMURK; CHAIR & SLIP;**  
5-8 **DBL REV SPIN; HVR TELEMURK; OPN NAT; BK HVR TELEMURK;**  
9-12 **M CHASSE-W RFC TRN 3 TO SKTRS; NAT HVR FALLAWY; OUTSD CHG; FWD-W QK STEP RONDE BFLY BJO;**  
13-16 **BK, SLOW OUTSD SWVL SCP; THRU DBL CHASSE CP; WHSK; THRU, SD DRAW DLW;**

**REPEAT A**

**REPEAT B (1-14), then Go to End**

**END**

- 1-2 **TWRL VN 4; SLOW OVERSWAY;**