

## MY HEART CRIES FOR YOU

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MUSIC: Song: My Heart Cries For You Music Media Source: CD: 16 Most Requested Songs of the  
Artist: Guy Mitchell 1950s, Vol. 1, Available as download from Walmart.com  
Music Modified: No BPM/MPM: 104 TIME@BPM: 2:43@104

FOOTWORK: Opposite unless indicated (W's footwork in parentheses)  
RHYTHM: Waltz RAL PHASE: III+1 [Diamond Turn]  
SEQUENCE: A B C B C END

MEAS: **PART A**

1-4 **WAIT; WAIT; TWIRL VINE 3; PICKUP TO SCAR;**

1-2 BFLY M fcg wall wait 2 meas ;;  
3-4 {TWRL VIN 3} Raising L hnd sd L, XRib, sd L (W sd & fwd R trng 1/2 RF undr jnd hnds, sd & bk L trng 1/2 RF, sd R) ; {PU SCAR} Fwd R [short step], fwd L, cl R, blending to SCAR DLC (W fwd L stpg in front of M trng LF, bk R, cl L, blending to SCAR DRW) ;

5-8 **3 PROGRESSIVE TWINKLES TO BJO;;; MANEUVER;**

5 {PROG TWKL} XLif & slightly fwd, sd R & slightly fwd, cl L blending to BJO (W XRib & slightly bk, sd L & slightly bk, cl R blending to BJO) ;  
6 {PROG TWKL} XRif & slightly fwd, sd L & slightly fwd, cl R blending to SCAR (W XLib & slightly bk, sd R & slightly bk, cl L blending to SCAR) ;  
7 {PROG TWKL} XLif & slightly fwd, sd R & slightly fwd, cl R blending to BJO (W XRib & slightly bk, sd L & slightly bk, cl R blending to BJO) ;  
8 {MANUV} Fwd R begin RF upper body trn, cont RF trn to fc ptr and RLOD sd L, cl R (W bk L begin RF upper body trn, cont RF trn to fc ptr and LOD sd R, cl L) ;

9-12 **2 QUARTER RIGHT TURNS TO LOD;; FORWARD WALTZ TWICE;;**

9-10 {2 1/4 R TRNS LOD} Bk on L trng up to 1/8 RF, sd R twd LOD trng 1/8 RF, cl L (W fwd R trng up to 1/8 RF, sd L DIAG acrs LOD trng up to 1/8 RF, cl R) ; fwd R trng up to 1/8 RF, sd L DIAG acrs LOD trng up to 1/8 RF to LOD, cl R (W bk L trng up to 1/8 RF, sd R twd LOD trng up to 1/8 RF to RLOD, cl L) ;

11-12 {FWD WZ 2X} Fwd L, fwd R, cl L ; fwd R, fwd L, cl R ;

13-16 **2 LEFT TURNS TO WALL;; DIP COH; RECOVER TOUCH BFLY;**

13-14 {2 L TRNS} Fwd L trng 1/8 LF, stp sd on R DIAG acrs LOD trng up to 1/4 LF, cl L ; Bk on R trng up to 1/4 LF, sd on L twd LOD trng up to 1/4 LF to fc wall, cl R ;  
15 {DIP} Bk L taking full weight w/ knee slightly bent, -, - ; [The other leg remains extended w/ knee & ankle forming a straight line from hip & toe remains on floor.]  
16 {REC TCH} Rec fwd w/ weight on R, tch L to R, - ;

**PART B**

1-4 **WALTZ AWAY; LADY WRAP LOD; FORWARD WALTZ; ROLL LADY ACROSS LOP;**

1 {WZ AWY} W/ insd hnds jnd sd & fwd L trng awy from ptr, sd & fwd R to slight bk to bk pos, cl L (W sd & fwd R trng awy from ptr, sd & fwd L to slight bk to bk pos, cl R) ;  
2 {LADY WRP} Sd & fwd R [short stp] trng to fc LOD retain insd handhold at waist level leading W to make a LF trn, fwd L, cl R join free outsd hnds in front at chest height (W sd & fwd L commence trng LF, sd R contg LF trn, cl L completing LF trn to fc LOD) ;  
3 {FWD WZ} Fwd L, fwd R, cl L (W fwd R, fwd L, cl R) ;  
4 {ROLL LADY ACRS} Fwd R [short stp] release R hnd as W makes a LF trn, fwd L, cl R ending in LOP fcg LOD (W fwd & sd L acrs LOD trng LF, sd & bk R contg LF trn, cl L complete LF trn to fc LOD) ;

5-8 **FORWARD FLARE; THRU SIDE BEHIND; ROLL 3; THRU FACE CLOSE BFLY;**

5 {FWD FLARE} Fwd L, trng LF w/ R leg extended & foot slightly off floor, - (W fwd R, trng RF w/ L leg extended & foot slightly off floor, trng to fc ptr & wall) ;  
6 {THRU SD BHND} Trng LF thru & fwd R between ptrs w/ a reaching stp, trng RF to fc ptr & COH sd L, XR bhd L (W trng RF thru & fwd L between ptrs w/ a reaching stp, trng LF to fc ptr & wall sd R, X L bhd R) ;

- 7 {ROLL 3} Sd L trng LF w/ each stp progressing down RLOD, fwd R contg LF trn, sd L comp LF trn to fc ptr & COH (W sd R trng RF w/ each stp progressing down RLOD, fwd L contg RF trn, sd R comp RF trn to fc ptr & wall) ;
- 8 {THRU FC CL} Fwd R between ptrs w/ a reaching stp, sd L trng 1/4 RF, cl R (W fwd L between ptrs w/ a reaching stp, sd R trng 1/4 LF, cl L) ;
- 9-12** RLOD WALTZ AWAY; LADY WRAP RLOD; FORWARD WALTZ; ROLL LADY ACROSS LOP

RLOD:

- 9 {WZ AWY} Same as meas 1 Part B except moving to RLOD ;
- 10 {LADY WRP} Same as meas 2 Part B except end fcg RLOD ;
- 11 {FWD WZ} Fwd L, fwd R, cl L ;
- 12 {ROLL LADY ACRS} Same as meas 4 Part B except end fcg RLOD ;
- 13-16** FORWARD FLARE; THRU SIDE BEHIND; ROLL 3; THRU PICKUP ON 3;
- 13-14 {FWD FLARE} Same as meas 5 Part B ; {THRU SD BHD} Same as meas 6 Part B ;
- 15 {ROLL 3} Same as meas 7 Part B except progressing down LOD ;
- 16 {THRU PU} Fwd R between ptrs w/ a reaching stp, sd & fwd L commencing LF trn, fwd R [short step] completing LF trn to CP DLC (W fwd L between ptrs w/ a reaching stp, sd & fwd R, fwd L stpg in front of M trng LF to end CP DRW) ;

PART C

- 1-4** DIAMOND TURN;;;;
- 1-4 {DIAM TRN} Fwd L trng LF on the DIAG, cont L trn sd R, bk L to BJO ; staying in BJO & trng L fc stp bk R, sd on L, fwd R ; still in BJO stp fwd L trng LF on the DIAG, sd R, bk L ; bk R cont trn, sd L, fwd R to CP DLC ;
- 5-8** FORWARD WALTZ; MANUEVER; 2 RIGHT TURNS TO WALL;;
- 1 {FWD WZ} Fwd L, fwd R, cl L (W bk R, bk L, cl R) ;
- 2 {MANUV} Same as meas 8 Part A ;
- 3-4 {2 R TRNS} Same as meas 9-10 Part A except ending facing wall ;;
- 9-12** TWIRL VINE 3; MAN ACROSS; LADY ACROSS; THRU FACE CLOSE;
- 9 {TWRL VIN 3} Same as meas 3 of Part A ;
- 10 {M ACRS} Fwd R DIAG acrs LOD commencing RF trn, sd & bk L contg RF trn, cl R ending in 1/2 LOP fcg LOD (W fwd L [short stp], fwd R, cl L blending to 1/2 LOP fcg LOD) ;
- 11 {LADY ACRS} Fwd L [short stp], fwd R, cl L blending to 1/2 OP fcg LOD (W fwd R DIAG acrs LOD commencing RF trn, sd & bk L contg RF trn, cl R ending in 1/2 OP fcg LOD) ;
- 12 {THRU FC CL} Fwd R between ptrs w/ a reaching stp, trng to fc ptr sd L, cl R to L ending in CP wall (W fwd L between ptrs w/ a reaching stp, trng to fc ptr sd R, cl L to R ending in CP COH) ;
- 13-16** BOX;; DIP COH; RECOVER TOUCH BFLY;
- 13-14 {BOX} Fwd L, sd R, cl L, - ; bk R, sd L, cl R, - ;
- 15-16 {DIP} {REC TCH} Same as meas 15-16 Part A ;;
- REPEAT PART B
- REPEAT PART C

END

- 1-4** BALANCE L & R;; TWIRL VIN 3; THRU & PICKUP;
- 1-2 {BAL L & R} Sd L, X R bhd L, in plc L (W sd R, X L bhd R, in plc R) ; sd R, X L bhd R, in plc R (W sd L, X R bhd L, in plc L) ;
- 3 {TWRL VIN 3} Same as meas 3 of Part A ;
- 4 {THRU & PU} Same as meas 16 of Part B ;
- 5-8** FORWARD WALTZ; DRIFT APART; THRU TWINKLE OUT; THRU TWINKLE IN TO CP LOD;
- 5-6 {FWD WZ} Fwd L, fwd R, cl L (W bk R, bk L, cl R) ; {DRIFT APART} In place R, in place L, cl R (W slightly bk L, slightly bk R, cl L) ;
- 7-8 {THRU TWKL} XLif between ptrs, sd R trng 1/4 LF, cl L (W XRif between ptrs, sd L trng 1/4 RF, cl L) ; {THRU TWKL} XRif between ptrs, sd L trng 1/4 RF, cl R blending to CP (W XLif between ptrs, sd R trng 1/4 LF, cl L blending to CP) ;
- 9-12** 2 LEFT TURNS TO WALL;; TWIRL VINE 3; THRU APART POINT;
- 9-10 {2 L TRNS} Same as meas 13-14 of Part A ;
- 11 {TWRL VIN 3} Same as meas 3 of Part A ;
- 12 {THRU APT PT} Fwd R between ptrs w/ a reaching stp trng RF to fc ptr, bk L, pt R to ptr (W fwd L between ptrs w/ a reaching stp trng LF to fc ptr & COH, bk R, pt L to ptr) ;