

MY VALENTINE

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RECORD: RCA 64963-7 "My Valentine", Martina McBride (available from Palomino or choreographer on mini disc) SPEED: 45 rpm

RHYTHM/PHASE: Slow Two-Step Phase IV + 2 (triple traveler & cuddles) + 1 unphased (parallel runs)

FOOTWORK: Opposite unless noted

RELEASE DATE: 12/28/03

SEQUENCE: Intro, A, Interlude, B, A, End

Corrected Cue Sheet Date: 01/02/04

Dedicated to: My "sweet, fuzzy-face" Gup

In honor of: Ray & Robbie Roberts (our teachers) and Chris & Gail Johnson, Tom Ryan & Judy Donaldson and Gene & Doreen Thornton for their friendship, support, and hard work.

INTRO

Meas. 1 – 5 Bfly/DLW – Lead Foot Free For Booth – Wait 3 Meas ;;; Apart Point ; Wrap W To LOD ;

- 1 – 3 Bfly/DLW – Wait 3 Meas ;;;
4 – 5 Apt L , -,-; (Wrap W to LOD) LOP/DLW – bk R turning LF to face LOD, -, slightly sd L, fwd R – joining lead hands in front (fwd L starting LF turn, fwd R continuing LF turn into wrap position in M's R arm, fwd L to face LOD joining lead hands w/man)

A

Meas. 1 – 4 Sweetheart Runs To Face ;; Open Basic – Twice ;;

- 1 – 2 (Sweetheart Runs) Wrapped pos. facing LOD – fwd L,-, fwd R, fwd L; fwd R,-, fwd L, fwd R;
3 – 4 (Open Basic – Twice) sd L to left _ opn pos,-, XRiBL, rec on L; sd R to _ opn posXLiBR,-, rec on R
in bfly/w;

Meas. 5 – 8 2 Switches ;; Lunge Basic – Twice ;;

- 5 – 6 (Two Switches) _ opn pos – cross in front of W to left _ opn pos,-, fwd R, fwd L (fwd R,-, fwd L, fwd R);
fwd R,-, fwd L, fwd R(cross in front of M sd L to _ opn,-, fwd R, fwd L);
7 – 8 (Lunge Basic – Twice) sd L w/slight lunge action,-, rec R, XLiF of R; sd R w/slight lunge action ,-, rec L, XRiF of L;

Meas. 9 – 12 Triple Traveler ;;; Basic Ending ;

- 9 bfly/w – fwd L picking W up to lead her to M's left sd raising lead hands to start W into LF turn ,-, fwd L, fwd R (sd & bk on R picking up to M's left sd starting LF turn ,-, continue turn sd & fwd L under joined lead hands, sd & fwd R to face LOD);
10 fwd R spiral LF under joined lead hands,-, fwd L, fwd R (fwd L,-, fwd R, fwd L);
11 fwd L bringing joined hands down & bk in a continuous circular motion to lead W to turn RF,-, fwd & sd to face partner, XLiF of R
12 (fwd R comm RF turn ,-, sd L continue turn under joined lead hands, fwd R continue turn to face partner);
13 (in loose closed pos or Paso Doble hold) sd R,-, XLiB of R rec on R (COH);

Meas. 13 – 14 Left Turn w/Inside Roll ; Basic Ending ;

- 13 fwd L comm _ LF turn ,-, sd R, XLiF of R to face partner (sd & bk on R picking up to M's left sd starting LF turn ,-, continue turning sd & fwd L under joined lead hands , sd R to face partner) ;
14 Repeat measure 12 Part A to face wall ;

Meas. 15 – 18 Triple Traveler ;;; Basic Ending ;

- 15 – 17 Repeat measure 9 – 11 Part A ;;;
18 Repeat measure 12 Part A ;

Meas. 19 – 20 Right Turn w/Outside Roll ; Basic Ending ;

- 19 turning RF cross in front of W sd & bk L to face LOD ,-, sd & bk R continue turning RF leading W under joined lead hands, XLiF of R to face wall (fwd R comm RF turn under joined lead hands ,-, sd & bk L continue turn, fwd R to face partner);
20 Repeat measure 12 Part A to face wall ;

INTERLUDE

Meas. 1 – 2 Underarm Turn ; Rev Underarm Turn To A Cuddle Pos ;

- 1 sd L ,-, XRiB of L , rec L (sd R comm RF turn under joined lead hands ,-, cross L over R to line of progression turning RF _ , rec fwd on R continue turn to face partner) ;
2 sd R w/lead hands joined ,-, XLiF of R, rec R placing both hands on L's back in cuddle pos (sd L comm LF turn under joined lead hands ,-, cross R over L to line of progression turning LF _ , rec fwd on L continuing to turn to face partner w/both hands on M's shoulders in cuddle pos) ;

BMeas. 1 – 6 Cuddles – Twice :: Basic :: Lunge Basic – Twice ::

- 1 from cl pos sd L w/L side stretch giving W a slight R sd lead to open her out ,-, sd L w/R sd stretch , rec L change to L side stretch placing L hand on W's L shoulder blade leading her to cl pos (sd R w/L sd stretch turning _ LF ,-, bk L w/L sd stretch extend free arm out to side w/slight curve , rec R changing to R sd stretch turning _ RF placing L hand on M's R shoulder blending to CP/W) ;
- 2 from CP/W sd R w/R sd stretch giving W a slight L sd lead to open her out ,-, sd L w/L sd stretch , rec R change to R sd stretch placing L hand on W's R shoulder blade leading her to CP/W (sd L w/L sd stretch turning _ RF ,-, bk R w/R sd stretch extend free arm out to side w/slight curve , rec L changing to L sd stretch turning _ LF placing R hand on M's L shoulder blending to CP/W) ;
- 3 sd L ,-, XRiB of L , rec R ;
- 4 sd R ,-, XLiB of R , rec L blending to bfly/W ;
- 5-6 repeat meas. 7 & 8 of Part A

Meas. 7 – 10 Opening Out – 4 Times – M Trans to Varsouv ::::

- 7 cl L comm body rotation in direction of weighted foot ,-, lower on weighted foot completing upper body turn & extend free foot to sd , rise & rotate body bk to bfly pos (sd & bk on R comm body rotation to match partner ,-, XLiB of R lowering , fwd R to bfly pos) ;
- 8 cl R comm body rotation in direction of weighted foot ,-, lower on weighted foot completing upper body turn & extend free foot to sd , rise & rotate body bk to bfly pos (sd & bk L comm body rotation to match partner ,-, XRiB of L lowering , fwd L to bfly pos) ;
- 9 repeat meas. 5 of Part B
- 10 (M trans to Varsouv) cl R comm body rotation in the direction of weighted foot ,-, lower on weighted foot completing upper body turn & extend free foot to sd , rise & cl L turning _ LF to face LOD in varsouv (sd & bk L comm body rotation to match partner ,-, XRiB of L lowering , fwd L to face LOD in varsouv) ;

Meas. 11 – 14 Parallel Runs ::::

- 11 in varsouv/LOD same footwork for both - fwd R turning _ RF to face RLOD ,-, bk L , bk R ;
- 12 bk L ,-, bk R , bk L ;
- 13 bk R turning LF _ to face LOD ,-, fwd L , fwd R ;
- 14 fwd L ,-, fwd R , fwd L ;

Meas. 15 – 18 W Roll 3 To Face – M Trans In 2 ; Basic Ending ; Apt Pt ; Wrap W To LOD ;

- 15 fwd R ,-, fwd L turning _ RF to face the wall, tch L (fwd R comm RF turn ,-, continuing RF turn sd & bk L , sd R finishing RF turn to face partner in loose closed or Paso Doble hold) ;
- 16 repeat meas. 12 of Part A
- 17 repeat meas. 4 of Intro
- 18 repeat meas. 5 of Intro

REPEAT PART A ENDING IN CUDDLE POSITION

ENDMeas. 1 – 3 Cuddles – 3 Times :::

- 1 repeat meas. 1 of Part B
- 2 repeat meas. 2 of Part B
- 3 repeat meas. 1 of Part B

Meas. 4 – 7 Slow Hip Rocks – Twice :: Step Bk – Step Bk Again To A Slow Leg Crawl ::

- 4 (music retards) rk sd R rolling hip sd & bk ,-, rec L w/hip roll , rec R w/hip roll ;
- 5 rk sd L rolling hip sd & bk ,-, rec R w/hip roll , rec L w/hip roll ;
- 6 - 7 bk on R – bk on L leaving R leg extended & hold ,-, (fwd L - fwd R into M ,-, slowly lift L leg along outside of M's outer R thigh w/toe pointed down toward floor) ; [NOTE: W may lean bk into M's arms & slowly raise both arms up & look up]