

My Foolish Heart IV

Choreographers: Randy & Marie Preskitt, 5603 Sound Ave, Everett, WA. 98203
(425) 348-6030 or Randy's Cell (425) 923-8095 or Marie's Cell (425) 870-2809
E-Mail: RKPreskitt@comcast.net or mariepreskitt@hotmail.com

Music: My Foolish Heart – Rod Stewart - (The Great American Songbook V) – Amazon.com

Rhythm Phase IV Bolero

Sequence: Intro, A, B, A, B, Ending Released March 2019 Version 1.0

Speed: 45

Intro

1-4 **WAIT ; HIP ROCKS ; SHOULDER TO SHOULDER 2X ; ;**
- - 1 (Wait)Low BFLY fc pnter & wall trailing foot free wait 1 measure;
SQQ 2 (Hip Rocks)Sd R, - sd L, sd R raise arms to BFLY;
SQQ 3 (Shoulder to Shoulder)Sd L, -, XRIF BFLY/BJO, rec L (W sd R, -, XLIB, rec R);
SQQ 4 (Shoulder to Shoulder)Sd R, -, XLIF BFLY/SCAR, rec R(W sd L, -, XRIB, rec L); blend to CP

Part A

1-4 **BASIC ; ; CROSS BODY ; LUNGE BREAK ;**
SQQ 1 (Basic) Sd L, - bk R, rec L(W sd R, -, fwd L, recR);
SQQ 2 Sd R, -, fwd L, rec R(W sd L, -, bk R, rec L);
SQQ 3 (Cross Body) Trng LF sd L twd COH, -, bk R, trn LF rec L
(W fwd R, -, fwd L across in front of M, fwd R trng LF); end CP COH
S-- 4 (Lunge Break) Sd R, -, lower on R lead W bk with lead hands extend L leg sd & bk & R arm out to
(SQQ) sd, rise on R(W sd L, -, bk R extend L arm to sd, rec L);

5-8 **RIGHT PASS ; FWD BREAK ; BACK SHOULDER TO SHOULDER 2X ; ;**
SQQ 5 (Right Pass) Sd & fwd L to COH trng RF raise lead hands, XLIB of R cont RF trn, rec L
(W fwd R to wall, -, fwd L under lead hands, fwd R trng LF fc M); end LOP fc pnter & WALL
SQQ 6 (Fwd Break) Sd R, -, fwd L, rec R(W sd L, -, bk R, rec L); blend to BFLY
SQQ 7 (Bk Shoulder to Shoulder 2X) Sd L, -,XRIB BFLY/SCAR, rec L(W sd R, -, XLIF, rec R);
SQQ 8 Sd R, -, XLIB BFLY/BJO, rec R(W sd L, -, XRIF, rec L);

9-12 **AIDA ; AIDA LINE & HIP ROCK 2 ; SWIVEL FACE SPOT TURN ; FENCE LINE ;**
SQQ 9 (Aida) Release lead hands sd L trng LF to OP LOD, -,fwd R trng RF, sd L cont RF trn;
SQQ 10 (Aida Line & Hip Rock 2) Bk R to Aida Line sweep trailing arm up & bk, -,rk fwd L sweep arms
fwd, rec R sweep arm bk;
SQQ 11 (Swiv fc & Spot Turn) Fwd L sharp LF swivel point R to sd, -, XRIF trng LF, fwd L trn LF fc pnter;
SQQ 12 (Fence Line) Blend to BFLY sd R, -, XLIF, rec R;

13-16 **START FAN ; HOCKEY STICK ; ; HIP LIFT ;**
SQQ 13 (Start Fan) Sd L bring arms down to low BFLY, -, bk R, rec L trng body LF to lead W to LOD
(W sd R, -, fwd L, rec R trng body LF);
SQQ 14 (Hockey Stick) Sd R, -, fwd L, rec R(W bk L to Fan, -, cl R, fwd L);
SQQ 15 Cl L raise lead hand, -, XRIB, rec L bring lead hands down leading W to trn LF
(W fwd R under lead hands, -, fwd L, fwd R trng LF fc M);
SQQ 16 (Hip Lift)Sd R blending to CP touch lead foot under body on ball of foot, -,
straighten leg to lift L hip, lower hip;

Part B

1-4		<u>TURNING BASIC ; FWD BREAK ENDING ; LEFT PASS ; NEW YORKER ;</u>
SQQ	1	(Turning Basic) Sd L body trn RF, -, trng LF slip pvt action bk R, sd & fwd L trn LF fc COH (W sd & fwd R body trn RF look rght,-,trn LF cl head fwd L, sd & bk R trn LF);
SQQ	2	(Fwd Break) Sd R release trailing arm hold, -, fwd L, rec R(W sd L, bk R, rec L); end LOP COH
SQQ	3	(Left Pass Sd & fwd L trng RF to SCAR DRW, -, rec bk R trng LF, sd & fwd L trng LF (W Sd & fwd R trn RF back to man, -, sd & fwd L to COH trng LF, bk R);
SQQ	4	(New Yorker) Sd R trng RF, -, fwd L, rec R;
5-8		<u>CRAB WALKS ; ; SPOT TURN ; LUNGE BREAK ;</u>
SQQ	5	(Crab Walks) Fc ptr in BFLY sd L, -, XRIF, sd L;
SQQ	6	XRIF, -, sd L, XRIF;
SQQ	7	(Spot Turn) Sd L trng slight LF, -, thru R trng LF fc RLOD, fwd L trng LF fc ptr;
S--	8	(Lunge Break) Join lead hands sd R, -, lower on R lead W bk with lead hands extend L leg (SQQ) sd & bk & R arm out to sd, rise on R(W sd L, bk R extend L arm to sd, rec L);
9-12		<u>DOUBLE HAND OPENING OUT 3X ; ; ; OPEN BREAK ;</u>
S--	9	(Opening Out 3X)Small sd L with body rise comm LF rotation to LOD, -, lower on L extend (SQQ) R leg bk & sd, rise on L fc Wall (W sd R with body rise comm LF trn, -, XLIB lowering, rec R trng to fc ptr);
S--	10	Cl R to L with body rise RF rotation to RLOD, -, lower on R extend L leg bk & sd, ris on R fc Wall (SQQ) (W sd L with body rise comm RF trn, -, XRIB lowering, rec L trng to fc ptr);
S--	11	Cl L to R with body rise LF rotation to LOD, -, lower on L extend R leg bk & sd, rise on L fc Wall (SQQ) (W sd R with body rise comm LF trn, -, XLIB lowering, rec R trng to fc ptr);
SQQ	12	Sd R, -, break apt L extend trailing arm out to side, rec R;
12-16		<u>UNDERARM TURN ; BREAK BK ½ OPEN ; SWITCH & WALK REV ;</u> <u>SWITCH & WALK LOD FC ;</u>
SQQ	13	(Underarm Turn) sd L raise lead hands, -, bk R, rec L (W sd R trng RF, -, thru L under lead hands trng RF, fwd R trng to fc ptr);
SQQ	14	(Break Bk ½ OP) Sd R trng LF, -, bk L to ½ OP Pos, rec fwd R fc LOD;
SQQ	15	(Switch & Walk Rev) Fwd L trng ½ RF to L ½ OP RLOD, -, fwd R, fwd L;
SQQ	16	(Switch & Walk LOD) Fwd R trng ½ LF to ½ OP LOD, -, fwd L, fwd R; Blend to CP
ENDING		
1 - 4		<u>BK BASIC ; SD & EXPLODE APART ; REC BFLY TCH ; TIME STEP ;</u>
SQQ	1	(Bk Basic) On "Love" sd L in CP, -, bk R, rec L;
SS	2	(Sd & Explode Apt) On "It's Love" sd R low BFLY, -, on "My" trn LF to OP LOD sd L sweep lead arms up & out to sd, -;
S-	3	(Rec Tch) On "Foolish" rec R trng RF to fc ptr, -, touch L to R & join lead hands BFLY, -;
SQQ	4	(Time Step) On "Heart" sd L bring arms in to chest, -, XRIB extend arms to sd, rec L bring arms in;
5 - 9		<u>TIME STEP BFLY ; SD DRAW LEFT & RIGHT ; VINE 8 ; ; PROM OVERSWAY ;</u>
SQQ	5	(Time Step) Sd R bring arms to chest, -, XLIB extend arms to sd, rec R bring arms in to low BFLY;
SS	6	(Sd Draw L & R) Sd L, draw R to L no weight, sd R, draw L to R no weight;
QQQQ	7	(Vine 8) On quick notes sd L, XRIB, sd L, XRIF;
QQQQ	8	Sd L, XRIB, sd L, XRIF to SCP;
S	9	(Prom Overstay) Sd & fwd L lowering and rotating LF to oversway line woman's head well to left, -;