

My Foolish Heart IV

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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
SQQ 1 **TURNING BASIC ; FWD BREAK ENDING ; LEFT PASS ; NEW YORKER ;**
(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
SQQ 5 **CRAB WALKS ; ; SPOT TURN ; LUNGE BREAK ;**
(Crab Walks) Fc ptrn 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 ptrn;
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
S-- 9 **DOUBLE HAND OPENING OUT 3X ; ; ; OPEN BREAK ;**
(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 ptrn);
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 ptrn);
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 ptrn);
SQQ 12 Sd R, -, break aprt L extend trailing arm out to side, rec R;
- 12-16
SQQ 13 **UNDERARM TURN ; BREAK BK ½ OPEN ; SWITCH & WALK REV ;**
SWITCH & WALK LOD FC ;
(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 ptrn);
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
SQQ 1 **BK BASIC ; SD & EXPLODE APART ; REC BFLY TCH ; TIME STEP ;**
SS 2 (Bk Basic) On "Love" sd L in CP, -, bk R, rec L;
(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 ptrn, -, 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
SQQ 5 **TIME STEP BFLY ; SD DRAW LEFT & RIGHT ; VINE 8 ; ; PROM OVERSWAY ;**
(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 overstay line woman's head well to left, -;