

HEART & SOUL

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Record : "You're My Heart, You're My Soul"

CD Casa Musica "Latinaized" Track #16

Rhythm : Rumba (ph V+1) Speed: As on CD Date: July 2009 Ver.1.1

Footwork: Opposite, directions for man(lady as noted)

Sequence: Intro - A - B - Inter - A - B - B(9~16) - Ending



Meas

INTRO

- 1~ 8 (Wrapped/Wall) right foot free for both Wait;;**
Slow Layback;W Out to Fc(M Trans);
Alemana Overtrn Shadow;; End of Three Threes Cl Ending;;

- 1- 2 Wrapped position fc Wall right foot free for both wait 2 meas;;
S- 3 (Slow Layback) Bk R right hand woman's right shoulder blade to support her for the layback, -, extend left arm to sd(W bk R lowering on R while shaping well to right and slowly extending free right arm down), -;
SS 4 (W Out to Fc M Trans) Rec L, -, fwd R(W rec L, fwd R 1/2 LF trn fc partner and COH, bk L), -;
(QQS)
5- 6 (Alemana Overtrn Shadow) Fwd L, rec R, cl L, -; Bk R, rec L, cl R, -; (W bk R, rec L, sd R commence RF trn, -; Cont RF trn fwd L, fwd R twd wall cont RF trn, fwd L twd partner slightly man's right sd, -/swivel RF on L) end shadow fc Wall;
7- 8 (End of Three Threes) Sd & fwd L, rec R, bk L, -; Bk R, rec L, cl R(W sd & bk R, rec L, fwd R 1/2 RF trn fc COH, -; Fwd L 1/2 RF trn, fwd R cont 1/2 RF trn, cl L, -;)

Meas

PART A

- 1~ 8 OP Hip Twist; Fan; Hockey Stick;; (handshake)1/2 Basic;**
Underarm Trn; Break Bk to OP(W Spiral);
Fan(M Spot Trn Chg Hands Behind Bk);

- 1 (OP Hip Twist) Fwd L, rec R, cl L to R(W bk R, rec L, fwd R swivel 1/4 RF on R fc LOD), -;
2 (Fan) Bk R, rec L, sd R, -(W fwd L, fwd R 1/2 LF trn fc RLOD, bk L, -);
3- 4 (Hockey Stick) Fwd L, rec R, cl L, -(W cl R, fwd L, fwd R, -); Bk R slightly RF trn, rec L, fwd R(W fwd L twd RDW, fwd R LF trn under lead hand fc partner, bk L, -) end fc partner and RDW;
5 (1/2 Basic) Right hand joined fwd L, rec R, sd L, -;
6 (Underarm Turn) Bk R, rec L, sd R fc Wall (W XLIF commence RF turn under right hand, cont RF trn rec R, sd L), -;
7 (Break Bk to OP W Spiral) Swivel LF on R bk L OP/LOD, rec R, fwd L(W swivel RF on L bk R OP/LOD, rec L, fwd R spiral LF on R), -;
8 (Fan M Sopt Trn Chg Behind Bk) Fwd R commence LF trn, rec L cont LF trn fc Wall chg hand right to left behind bk, sd R(W fwd L, fwd R 1/2 LF trn fc LOD, bk L), -;

- 9~16 Alemana;; Lariat;; 1 Cuddle(W Spiral); Fan; Start Alemana;**
Fence Line w/Arm;

- 9-10 (Alemana) Fwd L, rec R, cl L to R, -(W cl R, fwd L, fwd R 1/4 RF trn, -); Bk R, rec L, cl R(W RF trn under lead hand fwd L, cont RF trn fwd R, sd & fwd L twd M's right sd), -;

- 11-12 (Lariat) Sd L, rec R, cl L to R(W circle man CW with joined lead hands fwd R, fwd L, fwd R),-; Sd R, rec L, cl R to L(W cont around man CW with joined lead hands fwd L, fwd R, fwd and sd L end fc partner)CP/Wall,-;
- 13 (1 Cuddle W Spiral) Release lead hand 1/2 OP sd L, rec R, cl L to R rejoined lead hand lead W LF spiral,-(W swivel RF on L sd & bk R 1/2 OP, rec L commence LF trn, sd & fwd R, LF spiral on R);
- 14 (Fan) Bk R, rec L, sd R(W fwd L, fwd R swivel 1/2 LF on R fc RLOD, bk L),-;
- 15 (Start Alemana) Fwd L, rec R, sd L lead W RF trn(W cl R to L, fwd L, fwd R RF trn fc partner),-;
- 16 (Fence Line w/Arm) XRIF of L ck trail hand arm circle CCW(W CW), rec L, sd R LOP-Fc/Wall,-;

Meas

PART B

1~ 8 3 of Three Threes;; Aida; Switch Cross; Crab Walk 3; Rev Underarm Trn; Spot Trn;

- 1- 3 (3 of Three Threes) Fwd L, rec R, cl L to R both hands W's shoulder(W bk R, rec L, fwd R 1/2 RF trn) tandem fc Wall,-;
- Sd R, rec L, cl R to L(W in place L,R,L spin LF on L full trn),-;
- Sd & fwd L, rec R, cl L(W sd & bk R, rec L, fwd R 1/2 RF trn fc COH),-;
- 4 (Aida) XRIF of L, sd L commence RF trn, cont RF trn fc RLOD bk R(W XLIF of R, sd R commence LF trn, cont LF trn bk L),-;
- 5 (Switch Cross) Swivl on R fc partner sd L ck bringing joined hands thru, rec R, XLIF of R,-;
- 6 (Crab Walks 3) Sd R, XLIF of R, sd R,-;
- 7 (Rev Underarm Trn) XLIF of R, rec R, sd L(W XRIF of L under joined lead hands commence LF trn, rec L cont LF trn to fc partner, sd R),-;
- 8 (Spot Trn) XRIF of L commence LF trn, cont LF trn rec L fc partner and Wall, sd R,-;

9~16 Lunge Sit Line(W Spiral); W Swivel Hinge Line; Pivot 3 & Fallaway; Sync Rev Twirl; New Yorker; Underarm Trn; (Bfly/Scar) Ck Fwd W Develop; Bk Sd Cl;

- 9 (Lunge Sit Line W spiral) Relax R knee lower, rise on R,-,-(W small stp bk R (QQS) relax knee leave L leg extend left arm up, rec L, fwd R, LF spiral on R);
- S- 10 (W Swivel Hinge Line) Sd L lead W LF swivel,-,-,-(W fwd L twd LOD swivel LF on L,-, relaxing L knee R foot thru pt head to L,-);
- QQQ- 11 (Pivot 3 & Fallaway Ronde) Commence RF pivot/ fwd R between woman's feet RF (&QQQ-) pivot, cont pivot sd and bk L, sd R twd RLOD, left foot flare CCW(W rec R commence RF trn/cont pivot sd and bk L, cont pivot fwd R between man's feet, sd L twd RLOD, right foot flare CW);
- QQ&S 12 (Sync Rev Twirl) Bk L commence RF trn, cont trn fc Wall sd R lead W LF twirl/ cl L, sd R(W bk R commence LF trn, cont LF trn under lead hand sd L/cont trn sd R, cont trn sd L),-;
- 13 (New Yorker) LOP/RLOD Ck thru L, rec R fc partner, sd L,-;
- 14 (Underarm Turn) Bk R, rec L, sd R(W XLIF commence RF turn under lead hand, cont RF trn rec R, sd L),-;
- S- 15 (Ck Fwd W Develop) Bfly/Scar ck fwd L outsd partner,-,-,-(W bk R,-, bring L foot up R leg to outsd of R knee, extend L foot fwd);
- 16 Bk R, sd L, cl R end Bfly/Wall,-;

Meas

INTERLUDE

1~ 4 Alemana Overtrn Shadow;; End of Three Threes Cl Ending;;

Repeat meas 5- 8 of Introduction;;;;

Meas

ENDING

1~ 5 Break Bk to 1/2 OP; OP In & Out Runs;;

Cuddle Pivot Fc LOD; Contra Ck & Extend;

1 (Break Bk to 1/2 OP) Swivel LF on R bk L 1/2 OP fc LOD, rec R, fwd L,-;

2- 3 (Open In & Out Runs) Fwd R across front of W commence RF trn, sd L cont RF trn, cont LF trn left 1/2 OP fc LOD fwd R(W fwd L, fwd R, fwd L),-;

Fwd L lead W roll across, fwd R 1/2 OP fc LOD, fwd L(W fwd R across front of M commence RF trn, sd L cont RF trn, cont LF trn 1/2 OP fc LOD fwd R),-;

4 (Cuddle Pivot) Fwd R front of W cuddle position commence RF trn, sd & bk L RF pivot, cont pivot fwd R fc LOD(W fwd L, fwd R between man's feet RF pivot cont pivot sd & bk L fc RLOD),-

S-- 5 (Contra Ck & Extend) Commence upper body LF trn flexing knees with strong R side lead ck fwd L,-, left hand extend sd & bk,-,