

MY HEART CRIES FOR YOU

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CHOREO: Joe & Pat Hilton, 519 Great Hill Dr, Ballwin, MO 63021
PHONE: 636-394-7380 E-MAIL: joehilton@swbell.net
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 away from ptr, sd & fwd R to slight bk to bk pos, cl L (W sd & fwd R trng away 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) ;

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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) ;