

SAVE YOUR HEART

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Record: RCS 1173 Jimmy Lawton (flip: Don't look so sad)

Phase: Twostep Ph II

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

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Sequence: Intro, A,B, A,B,C, B(1-16) Ending

INTRO

1-3 Bfly wait 2;; twirl 2; wlk 2 SCP;

1-3 In Bfly wait 2 meas;; fwd L LOD, -, fwd R, -; (W under lead hnds W fwd R LOD trn 1/2 RF, -, bk L LOD trn 1/2 RF, -;) fwd L, -, fwd R to SCP, -;

PART A

1-8 2 fwd 2's;; box;; 2 turn 2's;; twirl 2; wlk 2;

1-4 fwd L, cl R, fwd L, -; fwd R, cl L, fwd R to fc ptr, -; sd L, cl R, fwd L, -; sd R, cl L, bk R, -;

5-8 sd L LOD, cl R, sd and bk L across LOD trn 1/2 RF (W fwd R between M's feet), -; sd R LOD, cl L, fwd R between W's feet trn 1/2 RF (W sd & bk L across LOD), -; repeat meas 3-4 INTRO;;

9-16 dbl hitch;; sciss thru;; circ aw 2 2-steps;; strut tog 4 Bfly;;

9-12 fwd L, cl R, bk L, -; bk R, cl L, fwd R to fc ptr, -; sd L, cl R, thru L RLOD, -; sd R, cl L, thru R to OP LOD, -;

13-16 circling aw from ptr fwd L, cl R, fwd L, -; fwd R, cl L, fwd R to end Fc RLOD, -; trn to fc ptr cross L over R, -, cross R over L, -; cross L over R, -, cross R over L to Bfly, -;

PART B

1-8 fc-fc; bk-bk; twice;; basketball turn SCP;; dbl hitch;;

1-4 sd L, cl R, sd L trn 1/2 LF end bk to bk w ptr, -; sd R, cl L, sd R trn 1/2 RF to fc ptr, -; repeat meas 1-2;;

5-8 w soft knee sd L LOD, -, rec R trn RF RLOD, -; w soft knee sd L RLOD, -, rec R trn RF to SCP LOD, -; repeat meas 9-10 PART A stay in SCP;;

9-19 lace up;;; 2 sd cl; wlk & fc; 2 turn 2's;; twirl 2; apt pt; tog tch SCP;

9-12 W under lead hnds M Xib W DLW fwd L, cl R, fwd L to LOP, -; fwd R, cl L, fwd R, -; W under trail hnds M Xib W DLC fwd L, cl R, fwd L to OP LOD, -; fwd R, cl L, fwd R to fc ptr, -;

13-19 sd L, cl R, sd L, cl R; fwd L LOD, -, fwd R to Fc ptr, -; repeat meas 5-7 PART A;;; apt L, -, pt R twd ptr, -; tog R to SCP LOD, -, tch L, -;

PART C

1-8 circ aw & tog;; TAM across; 2-step OP; circ aw & tog;; TAM across; 2-step Fc;

1-4 circle aw from ptr fwd L, cl R, fwd L to end Fc RLOD, -; circle tog fwd R, cl L, fwd R to end in TAM, -; lead hnds high W places L hnd behind bk at waist level so palm is out and near R hip then join trail hnds fwd L, cl R, fwd L releasing lead hnds and passing R shldr, -; curving RF to Fc ptr fwd R, cl L, fwd R to OP RLOD, -;

5-8 repeat meas 1-4 in opposite directions to end fc ptr & Wall;;;;

9-18 charge turn in; fwd 2-step; charge turn in ; 2-step to Fc; 1/2 box; sciss thru; 2 turn 2's;; twirl 2; wlk 2 Bfly;

9-12 w soft knee sd L, -, rec R to Fc Rev, -; fwd L, cl R, fwd L, -; w soft knee sd R, -, rec L to Fc LOD, -; fwd R, cl L, fwd R to fc ptr, -;

13-18 sd L, cl R, fwd L, -; sd R, cl L, thru R to Fc LOD, -; repeat meas 5-8 PART A to Bfly;;;;

ENDING

1-3 twirl 2; wlk 2; apt pt;

1-3 repeat meas 3-4 INTRO;; apt L, -, pt R twd ptr, -;