

HAND OVER YOUR HEART

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Record: STAR 163, Lorrie Morgan (Flip of "I heard it through the grapevine")
Rhythm: Cha Cha, Phase IV+1 (Switch cross)
Footwork: Opposite, except where noted
Sequence: INTRO, A, B, A, B(1-10), INTERLUDE, C, B, B(1-8), ENDING

INTRO:

- 1-4 WAIT; STEP, TCH/SNAP; STEP, TCH/SNAP; STEP, TCH/SNAP; STEP, TCH/SNAP;
APT, PT, TOG BFLY, TCH;
1-4 in FCG POS/no hds jnd wait 1 measure; step sd L, tch R snap fingers, step sd R, tch L snap fingers; repeat meas 2; apt L, pt R twd ptr, step to BFLY/W on R, tch L;
- 5-8 FULL BASIC;; NEW YORKER; SPOT TURN;
5-6 rk fwd L, rec R, sd L/cl R, sd L; rk bk R, rec L, sd R/cl L, sd R;
7-8 rk thru twd RLOD on L, rec R fc ptr, sd L/cl R, sd L; step thru R twd LOD releasing hds trng LF, fwd L cont trng LF to fc ptr (W step thru L twd LOD trng RF, fwd R cont trn RF to fc ptr) sd L/cl R, sd, L;

PART A:

- 1-4 FWD BASIC; ALEMANA TURN; HAND TO HAND; CRAB WALK;
1-2 repeat meas 5 of intro; rk bk R, rec L, sd R/cl L, sd R (W fwd L begin RF trn under jnd lead hnds, fwd R cont trn to fc ptr, sd L/cl R, sd L);
3-4 XLIB of R trng to fc LOD in OP extend L hand up & slightly bk, rec R to fc ptr, sd L/cl R, sd L; in BFLY XRIF of L, sd L, XRIF of L/sd L, XRIF of L;
- 5-8 CRAB WALK; AIDA; SWITCH CROSS; CUCARACHA R;
5-6 sd L, XRIF of L, sd L/XRIF of L, sd L; thru LOD R, sd L trng RF to fc RLOD in OP, bk R/cut L over R, bk R;
7-8 trn sd L to BFLY, rec R, XLIF of R/sd L, XLIF of R; sd R, rec L, cl R/step in pl L, step in place R;

PART B:

- 1-4 LUNGE, TWIST; BHD, SIDE, FWD/LOCK, FWD; (BFLY) TWIRL 2, SIDE CHA;
REVERSE TWIRL 2, SIDE CHA;
1-2 lunge sd L lowering L knee & hold 1 ct, twist to RSCP & hold 1 ct; XRIB of L twd LOD, sd L to SCP, fwd R/lock L bhd R, fwd R to BFLY;
3-4 Sd L, XRIB of L (W twirls RF under jnd lead hnds R, L) sd L/cl R, sd L; check motion sd R twd RLOD, XLIB of R (W twirl LF under jnd lead hnds L, R) sd R/cl L, sd R;
- 5-8 NEW YORKER; WALK 2, FWD CHA; CIRCLE AWAY 2, CHA CHA; CIRCLE TOG 2,
CHA CHA;
5-6 rk thru twd RLOD on L, rec R to OP/LOD, fwd L/cl R, fwd L; fwd R, fwd L, fwd R/cl L, fwd R;
6-7 circle away twd COH (W twd Wall) L, R, L/R, L; circle tog twd Wall (W twd COH) R, L, R/L, R to BFLY/W;
- 9-11 ROCK SIDE & REC, CROSS SIDE CROSS; ROCK SIDE & REC, CROSS SIDE
CROSS; APT, PT, TOG BFLY, TCH;
9-11 in BFLY rk sd L, rec R, XLIF if R/sd R, XLIF of R; rk sd R, rec L, XRIF of L/sd L, XRIF of L; repeat meas 4 of intro

INTERLUDE:

- 1 VINE 2, 3, 4;
1 sd L, XRIB of L, sd L, XRIF of L;

PART C:

- 1-4 FWD BASIC; WHIP; NEW YORKER; FENCE LINE;
1-2 repeat meas 5 of intro; bk R trn LF fc LOD, fwd L cont trn to fc COH, (W fwd L across & in front of M twd COH trn LF, sd R cont trn to fc ptr & Wall) sd R/cl L, sd R;
3-4 repeat meas 7 of intro; in BFLY XRIF (W XIF) rec L, sd R/cl L, sd R;
- 5-7 FWD BASIC; WHIP; MERENGUE, MERENGUE;
5-7 repeat meas 5 of intro; bk R trn LF fc RLOD, fwd L cont trn to fc Wall, (W fwd L across & in front of M twd Wall trn LF, sd R cont trn to fc ptr & COH) sd R/cl L, sd R; sd L, cl R to L, sd, cl R to L;
- 8-11 CHASE PEEK A BOO;;;;
8-9 rk fwd L trng 1/4 RF, rec fwd trng 1/4 RF fc COH (W rk bk R, rec L) fwd COH L/cl R, fwd L; sd R & peek over left shoulder, rec L, sd R/cl L, sd, R;
10-11 sd L & peek over right shoulder, rec R, sd L /cl R, sd L; rk fwd R trng 1/4 LF, rec trng 1/4 RF fc Wall (W rk fwd L, rec R) fwd R/cl L, fwd R to BFLY;
- 12-15 VINE 2, SD CL TRN; VINE 2, SD CL TRN; CUCARACHA; CUCARACHA;
12-13 sd LOD L, XRIB of L, sd L/cl R, sd L trng away from ptr (M LF/W RF) to BK TO BK POS; sd LOD R, XLIB of R, sd R/cl L, sd R trng to fc ptr (M RF/W LF);
14-15 sd L, rec R, cl L/step in pl R, step in place L; repeat meas 8 of part A;

ENDING:

- 1-4 FULL BASIC;; NEW YORKER; THRU, APT & POINT;
1-2 repeat meas 5-6 of intro;;
3-4 repeat meas 7 of intro; thru R twd LOD in OP, step apt on L, point R twd ptr and hold;