

# YOU'LL BE IN MY HEART V

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1370 Sunlight Dr., Cle Elum, Washington 98922 425-387-1600 or 509-293-1110  
RECORD: CD: The Most Beautiful Songs For Dancing – or download from Amazon or other sites  
ARTIST: Vio Friedman SPEED: 44 RPM  
FOOTWORK: Opposite Throughout Except Where Noted (*Lady*) ORIG. LENGTH: 3:43  
PHASE: Phase V+1Un (Shadow Break) RHYTHM: Rumba  
SEQUENCE: INTRO-A-B-A 9-16-B 1-8-C-B-END RELEASED: JUNE 2015

## INTRODUCTION

### **1-2 CUDDLE POS M FCG WALL LEAD FOOT FREE FOR BOTH WAIT ; ;**

1-2] Cuddle CP M fcg WALL ld ft free for both wait ; ;

### **3-4 CUDDLE TWICE ; ;**

3] Sd L lowrng ld hnds & release tension in R arm trng uppr bdy RF to ld W to open, rec R ld W to fc, cl L, - ;  
(*Swvl ½ RF on L w/R sd stretch sd R to ½ OP, rec L w/L sd stretch comm LF trn, fwd & sd R trng to fc ptr, - ;*)  
4] Repeat meas. 3 starting with trlg ft end in CUDDLE CP WALL ; ;

## PART A

### **1-4 ALEMANA TO A LARIAT ; ; ; TO LEFT HAND STAR ;**

1] Fwd L, rec R, cl L ldg W to trn RF, - ; (*Bk R, rec L, sd & fwd comm RF swvl, - ;*)  
2] With slight RF trn Bk R behind body, rec L to fc ptr, sd R place R hnd on small of W's bck, - ;  
(*Cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, Fwd & sd L to M's R sd, - ;*)  
3] Ldg W to circle RF hold ld hnds sm sd L, rec R, sip L, - ; (*Circle M RF crv fwd R, fwd L, fwd R, - ;*)  
4] Cont ld W around sm sd R, rec L comm RF trn, sip R to L hnd star fcg RLOD, - ;  
(*Cont RF circle fwd L, fwd R to fc ptr, sd & bk L trng to fc LOD in L hnd star, - ;*)

### **5-8 UMBRELLA TURN ; ; ; TO HANDSHAKE ;**

5] Fwd L, rec R, bk L raising L hnd over W's head, - ; (*Bk R, rec L, fwd R trn ½ LF, -*)  
6] Bk R, rec L, fwd R brng L hnds to star, - ; (*Bk L, rec R trng RF, sd & bk L, -*)  
7] Fwd L, rec R, bk L raising L hnd over W's head, - ; (*Bk R, rec L, fwd R trn ½ LF, -*)  
8] Bk R, rec L, fwd R trng LF to fc ptr & WALL join R hnds release L hnds, - ; (*Bk L, rec R trng RF, sd L, -*)

### **9-12 SHADOW BREAK TWICE ; ; ; TRADE PLACES TWICE TO HANDSHAKE ; ;**

9] Swvl ¼ LF on R hold R hnds extend L arm out to sd bk L, rec R trng ¼ RF, sd L, - ;  
(*Swvl ¼ RF on L extend L arm behind ptr bk R, rec L trng ¼ LF, sd R, - ;*)  
10] Swvl ¼ RF on L extend L arm behind ptr bk R, rec L trng ¼ LF, sd R, - ;  
(*Swvl ¼ LF on R extend L arm out to sd bk L, rec R trng ¼ RF, sd L, - ;*)  
11] R hnds jnd rk apt L, rec R trng ¼ RF to fc RLOD beh W rel jnd R hnds, cont RF trn to fc ptr & COH sd & bk L, - ;  
(*Rk apt R, rec L trng ¼ LF to fc RLOD in front of M, cont LF trn to fc ptr & WALL sd & bk R*) joining L hnds, - ;  
12] L hnds jnd rk apt R, rec L rel jnd L hnds trng ¼ LF fc RLOD beh W, cont LF trn to fc ptr & WALL sd & bk R, - ;  
(*Rk apt L, rec R trng ¼ RF to fc RLOD in front of M, cont RF trn to fc ptr & COH sd & bk L*) joining R hnds, - ;

### **13-16 OPEN BREAK TO A FULL NATURAL TOP ; ; ; ;**

13] Rk apt L extending L (L) arm out & slightly up, rec R trng ¼ RF to CP, sd L (*Fwd R*), - ;  
14] Comm RF trn XRIB, cont RF trn sd L, cont RF trn XRIB, - ; (*Comm RF trn sd L, cont trn XRIF, cont trn sd L, - ;*)  
15] Cont RF trn sd L, cont RF trn XRIB, cont RF trn sd L, - ; (*Cont RF trn XRIF, cont trn sd L, cont trn XRIF, -*)  
16] Cont RF trn XRIB, cont RF trn sd L, cl R, - ; (*Cont RF trn sd L, cont trn XRIF, sd L, - ;*)

## PART B

### **1-3 CLOSED HIP TWIST TO A FAN ; ; ; START A HOCKEY STICK TO SHADOW WALL ;**

1] Chk fwd L w/slight RF body trn & R sd stretch ldg W to op out, rec R w/slight R sd ld to ld W to cl, cl L ld W to swvl RF, - ; (*Swvl ½ RF bk R, rec L swvl ½ LF, sm sd R swvl ¼ RF, - ;*)  
2] Bk R ld W fwd, rec L ld W to trn LF, sd R ld W to step bk, - ; (*Fwd L comm LF trn, cont trn sd R, cont trn bk L, - ;*)  
3] Fwd L, rec R brng ld hnds up, cl L ld W to fc wall & release hnds, - ; (*Cl R, fwd L, fwd R trng ¼ LF to fc wall, - ;*)

### **4-7 SWEETHEART TWICE ; ; ; WHEEL 6 TO SHADOW WALL ; ;**

4] Chk fwd R in frnt of L, rec L, sd R to L SHDW, - ; (*Chk bk L behind R, rec R, sd L - ;*)  
5] Chk fwd L in frnt of R, rec R, sd L to R SHDW, - ; (*Chk bk R behind L, rec L, sd R, - ;*)  
6] Stay in R SHDW crv fwd R, L, R fc COH, - ; (*Crv bk L, R, L, - ;*)  
7] Stay in R SHDW crv fwd L, R, L fc WALL, - ; (*Crv bk R, L, R, - ;*)

- 8-11 SWEETHEART LADY FACE TO HANDSHAKE ; OPEN HIP TWIST TO PARALLEL BREAKS ; ; :**  
 8] Chk fwd R in frnt of L, rec L, sd R Hndshk WALL, - ; (*Chk bk L behind R, rec R comm RF trn, fwd L trn ½ RF, - ;*)  
 9] Chk fwd L, rec R, cl L ld W into ¼ RF swvl, - ; (*Bk R, rec L, fwd R w/tension in R arm swvl ¼ RF, - ;*)  
 10] Bk R ld W in frnt, rec L comm ¼ LF trn, sd & fwd R comp ¼ LF trn fc LOD, - ;  
 (*Fwd L, fwd R comm LF trn ½, sd & bk L comp trn to fc WALL, - ;*)  
 11] Fwd L, fwd R comm LF trn ½, sd & bk L comp trn to fc WALL, - ;  
 (*Bk R ld M across in frnt, rec L comm ¼ LF trn, sd & fwd R comp ¼ LF trn fc LOD, - ;*)
- 12-15 FAN ; START AN ALEMANA ; CHANGE TO AN AIDA ; SWITCH ROCK ;**  
 12] Bk R, rec L ld W to trn LF, sm sd R ld W to step bk, - ; (*Fwd L comm LF trn, cont trn sd R, cont trn bk L, - ;*)  
 13] Fwd L, rec R, cl L ldg W to trn RF, - ; (*Cl R, fwd L, fwd R swvl RF to fc ptr, - ;*)  
 14] Trng LF thru R comm RF trn, sd L cont RF trn, cont trn bk R to V BK-TO-BK, - ;  
 15] Trn LF to fc ptr sd L chkg brng jnd ld hnds thru, rec R, sd L, - ;
- 16-17 CRAB WALK ½ ; CUCARACH IN 4 TO HANDSHAKE ;**  
 16] XRIF, sd L, XRIF, - ;  
 17] Sd L w/partial weight, rec R, cl L, sip R change to R hnds jnd, - ;

**REPEAT PART A 9-16**  
**REPEAT PART B 1-8**

### PART C

- 1-4 FLIRT LADY TRANS TO VARSOUV ; ; PARALLEL CHASE ; ;**  
 1] Fwd L, rec R, sd L, - ; (*Bk R, rec L, fwd R trng ½ LF to Vars, - ;*)  
 2] Bk R, rec L, sd R, - ; (*Bk L, rec R, sd L in frnt of M to L Vars, cl R ;*)  
 3-4] Sd L trng RF, rec fwd R trng RF, fwd L to L Vars, - ; Trng LF sd R, rec fwd L trng LF, fwd R to R Vars, - ;
- 5-8 LEFT FACE LARIAT LADY TRANS TO BFLY SCAR ; ; FWD LADY DEVELOPE ; BK FC TO CP ;**  
 5] Cl L, sip R, sip L, - ; (*Crdl CCW arnd M fwd L, R, L, - ;*)  
 6] Sip R, L, R trng RF to fc BFLY SCAR DLW, - ; (*Cont CCW circle fwd R, L, R, L to fc ptr in BFLY SCAR ;*)  
 7] Chk fwd L, -, -, - ; (*Bk R, -, bring L ft up R leg to insd of R knee, extend L ft fwd ;*)  
 8] Bk R comm LF trn, cont LF trn sd L, cl R to CP WALL ;
- 9-12 CROSS BODY ; ; LATIN WHISK ; AIDA ;**  
 9] Fwd L, rec R comm LF trn, cont LF trn sd L, - ; (*Bk R, rec L, fwd R, - ;*)  
 10] Bk R cont LF trn, rec sm fwd L, sd & fwd R, - ; (*Fwd L comm LF trn, fwd R trng ½ LF, sd & bk L, - ;*)  
 11] XLIB, rec R, sd L, - ;  
 12] Trng to SCP thru R comm RF trn, sd L cont RF trn, bk R to "V" bk-to-bk pos, - ;
- 13-16 SWITCH CROSS ; SIDE WALK ½ TO CP ; CROSS BODY ; ;**  
 13] Trng LF to fc ptr sd L chkg brng jnd hnds thru, rec R fcg ptr, XLIF in BFLY, - ;  
 14] Sd R, cl L, sd R to CP, - ;  
 15] Fwd L, rec R comm LF trn, cont ¼ LF trn sd L, - ; (*Bk R, rec L, sm fwd R to L-shaped pos, - ;*)  
 16] Cont LF trn bk R, cont LF trn sm fwd L, sd & fwd R, - ; (*Fwd L comm LF trn, fwd R trng ½ LF, sd & bk L, - ;*)

**REPEAT PART B**

### ENDING

- 1-4 FLIRT LADY TRANS TO VARSOUV ; ; PARALLEL CHASE ; ;**  
 1-4] Repeat meas. 1-4 of Part C ; ; ; ;
- 5-6 UNDERARM TURN MAN IN 4 TO CP [WALL] ; DIP BK & LEG CRAWL [OPT KISS] ;**  
 5] Fwd & sd L ldg W to trn RF under jnd L hnds trng to fc wall, rec R, cl L, sip R to CP WALL ;  
 (*Sd L comm RF trn, cont RF trn fwd R to fc ptr, sd L to CP, - ;*)g  
 6] Bk L on bent knee keeping R leg extended w/ slight LF twist, slight rise, slight rise, [opt kiss] - ;  
 (*Fwd R, lift L leg up along M's outer thigh, cont leg lift, - ;*)