

# My Foolish Heart

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**Music:** My Foolish Heart – Rod Stewart - (The Great American Songbook V) – Amazon.com

**Rhythm** Phase VI Bolero

**Sequence:** Intro, A, B, A, B, Ending Released March 2018 Version 1.0

**Speed:** 45

## Intro

1-4 **WAIT ; AIDA LINE AND HIP ROCK 2 ; FWD, FWD SPIRAL FC ; LUNGE BREAK ;**  
-- 1 (Wait)Bk to bk V pos M fwc DRC W fc DRW weight on lead foot;  
S - 2 (Aida Line And Hip Rocks)Bk R to Aida Line sweep trailing arm up & bk, rk fwd L sweep arms  
fwd, rec R sweep arm bk;  
SQQ 3 (Fwd, Spiral Fc)Fwd L, -, fwd R spiral 7/8 turn LF, fwd L trng LF fc ptrn;  
SQQ 4 (Lunge Break)Sd R, -, lower on R extending W bk, rise on R(W sd L, -, bk R, rec L);

## Part A

1-4 **CHECKED RIGHT PASS ; M RONDE FWD BREAK HAND CHNG BEH BK ;**  
**2 TURKISH BREAKS CHANGING HANDS TO HANDSHAKE ;**  
SQQ 1 (Checked Rt Pass) Fwd & sd L comm RF trn raising lead hands high and placing R hand on the front  
of W's R hip,-, cont RF trn XRIB of L lowering lead hands in front of W to check her, cont RF trn sd  
& fwd L(W fwd R,-, fwd & across L twd COH no turn, bk R) to end with lead hands joined in front  
of W's L hip to MOD WRAP POS both FCING COH;  
SQQ 2 (Ronde Brk Hand Chng) Fwd R twd DLC swvling 3/8 RF ronde L foot CW to fc ptr & WALL,-,  
fwd L twd W trng 1/2 RF bring lead hands beh bk, fwd R chng to R hands(W bk L,-, bk R, fwd L);  
SQQ 3 (Turkish Breaks)Sd L, -, bk R with LF body turn, rec L(W sd R, -, fwd L with LF body turn, rec R);  
SQQ 4 Sd R rel hands, -, join L hands bk L with RF body turn, rec R rel L hands  
(W sd L, fwd R with RF body turn, rec L);

5-8 **CROSS BODY W SPIN 5/M SYCP TRANS MAN'S SHDW WALL ; SHDW FENCE LINE ;**  
**M TURN OPPOS SPOT TURN ; STEP RONDE VINE 2 ;**  
SQQ&Q 5 (Cross Body M Sync Shdw)Join R hands sd & fwd L,-, bk R lead W to pass in front/fwd L trng  
LF rel hands, sd R LOD cont LF turn to face WALL  
(SQ&Q&) (W fwd R,-, sycp LF spin fwd L/R trng LF, fwd L/ cont spin sd R); end M's shadow fc wall no hands  
SQQ 6 (Shdw Fence Line)Both sd L, -, XRIF extend arms to sd, rec L;  
SQQ 7 (M Turn Oppos Spot Turn)Sd R trng RF to fc W, -, trng RF fwd L LOD, trng RF fwd R  
(W sd R, -, trng RF fwd L RLOD, trng RF fwd R);  
SQQ 8 (Step Ronde Vine 2)Join hands in BFLY sd L ronde R CW, -, XRIB trng RF, sd L BFLY WALL  
(W sd L, -, ronde R CW, XRIB, sd L);

9-11.1 **MAN HOLD LADY CURL CROSS BODY ; HORSESHOE TURN ; ;**

**FALLAWAY RONDE TO SCP BREAK BK REC ;**

- QQ 9 (M Hold L Curl Cross Body) Hold on L lead W to curl LF under lead hands, -, bk R, fwd L trng LF (SQQ) (W fwd R curl LF under lead hands, -, fwd L to COH, fwd R COH trng LF fc WALL);
- SQQ 10 (Horseshoe Turn) Sd R, -, trn LF chk thru L LOD, rec R;
- SQQ 11 Fwd L curving LF around W, -, fwd R cont around W, fwd L RLOD (W fwd R curving RF under lead hands, -, fwd L cont turn, fwd R RLOD);
- SQQ 12 (F/A Ronde SCP Break Bk Rec) Blend to loose CP sd R ronde L CCW, -, bk L in SCP, rec R;

13-16 **SYNC TURNING BASIC 2X ; ; THROWAWAY OVERSWAY ; FALLAWAY RONDE SLIP ;**

- SQ&Q 13 (Sync Turn Basic 2x) Sd L body trn RF, -/trn LF slip pvt action bk R, sd & fwd L trn LF, sd & fwd R pvt LF fc WALL (W sd & fwd R body trn RF look rght, -/trn LF cl head fwd L, sd & bk R trn LF, cl L pvt LF);
- SQ&Q 14 Repeat measure 13;
- S - 15 (Throwaway Oversway); Sd L trn LF, -, soft knee slght body trn LF extnd R leg bk, - (W sd & fwd R shrp trn LF swvl extnd L leg bk LOD, -, develop sway L & extend top up & out, -);
- SQQ 16 (Fallaway Ronde & Slip) Slight RF trng rec R ronde L CW, -, bk L, slip R bk LF turn to CP DC (W rec L ronde R CCW, -, bk R, trng LF slip L fwd to CP);

**Part B**

1-4 **TELEFEATHER ; ; FWD RIGHT LUNGE & ROLL TO ; TURN BASIC FC REV TO;**

- SQ - 1 (Telefeather) Fwd L comm trng LF around W, -, cont trng LF sd & bk R, extend L bk partial weight (SQQ&) (W bk R comm trng LF, -, cont trng LF cl L, fwd R in SCP/fwd L small step swiveling LF);
- QQQQ 2 Sd L comm LF spin LF, cont trng LF sd & bk R, cont trng LF sd & fwd L, fwd R CBJO DW (W sd & bk R trng LF, cont trng LF cl L, cont trng LF sd & bk R, bk L CBJO);
- SS 3 (Fwd Right Lunge & Roll to) Fwd L to CP, -, lower on L trng body LF fwd & sd R on soft knee DW, comm sway chng trng body RF (W bk R, -, lunge L keep head to L, comm RF body turn);
- SQQ 4 (Turning Basic) Rec sd L cont RF body turn, -, bk R trng LF, fwd L fc CP RLOD (W sd R head to R, -, fwd L trng LF, bk R);

5-8 **FWD BREAK ; RIGHT PASS TO HANDSHK DC ; CONTRA BREAK ; POINT TO CONTRA BREAK ;**

- SQQ 5 (Fwd Break) Sd R, -, release CP fwd L, rec R LOP fc ptnr RLOD (W sd L, -, bk R, rec L);
- SQQ 6 (Right Pass Handshake) Fwd & sd L with RF trn raising lead hands high, -, XRIB lead W under lead hands, rec L fc DC chng to R handshake (W fwd R, -, fwd L trng LF under lead hands, sd & bk R);
- SQQ 7 (Contra Break) Sd & fwd R, -, fwd L with strong LF body turn, rec R (W sd & bk L, -, bk R with strong LF body turn head well to left, rec L);
- QQ 8 (Point & Contra Break) Point L to sd, -, fwd L with strong LF body turn, rec R (W point R ot sd, -, bk R with strong LF body turn head well to left, rec L);

