

RETURN TO THE HEART

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CD: Return to the Heart Track 1

Sequence: A, INTER, A MOD, B, A MOD, B

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Return to the Heart by David Lanz

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PART A

1-4 (WAIT 2 PICK-UP NOTES) SYNCO FRONT VINE; LADY SYNCO ROLL ACROSS LOP; FRONT VINE 5 & SWVL;;

123& 1-2 Wait 2 pick-up notes in OP fc wall R ft free for both, {**Synco Front Vine**} Both XRIF of L, sd L, XRIB of L/ sd L; {**Lady Synco Roll Across to LOP**} Chk thru R, recov L, rk sd R/ recov L to LOP fc wall (W fwd R, fwd L roll LF across the M, bk R cont LF roll/ fc wall sd L);

123 3-4 {**Front Vine 5 & Swvl**} Both XRIF of L, sd L, XRIB of L; sd L, XRIF of L, swvl RF on R still in LOP fc wall;

5-8 TO RLOD SYNCO FRONT VINE; LADY SYNCO ROLL ACROSS OP; OPEN HOVER LADY TRN TO; SYNCO REV TWIRL TRANS PICKING-UP;

123& 5-6 {**To RLOD Synco Front Vine**} Both XLIF of R, sd R, XLIB of R/ sd R; {**Lady Synco Roll Across to OP**} Chk thru L, recov R, rk sd L/ recov R to OP fc wall (W fwd L, fwd R roll RF across the M, bk L cont RF roll/ fc wall sd R);

123 7-8 {**Open Hover Lady Trn to**} Both XLIF of front strong step to RLOD, both step sd R with hover action (W trn LF to fc ptr & LOD), recov sd & bk L (W recov sd & fwd L); {**Synco Rev Twirl Trans Picking-Up**} Bk R trning LF bringing W to pass by chging to lead hnds joined, recov fwd L cont LF trn & twirl the W to fc LOD, cl R to L end CP DC (W fwd R/ connecting lead hnds start LF trn 1 & ½ fwd L, bk R, fwd L cont trn to CP);

9-12 DBL TELESPIN WITH MINI-TELESPIN ENDING;;; CONTRA CHK & SWITCH;

12- 9-10 {**Dbl Telespin with**} Fwd L trn LF, fwd & sd R cont trn, sd & bk L with partial wgt keeping L sd fwd twd W; spin LF taking full wgt to L, fwd & sd R cont trn, sd & bk L with partial wgt keeping L sd fwd twd W (W bk R trn LF, cl L to R heel trn, fwd R cont trn; keep R sd in twd M fwd L/ fwd R, cont LF trn toe spin & cl L, fwd R fc LOD);

12- 11-12 {**Mini- Telespin Ending**} Spin LF taking full wgt to L, fwd & sd R fc DRC, hold (W keep R sd in twd M fwd L/ fwd R, cont LF trn toe spin & cl L, hold); {**Contra Chk & Switch**} Trning LF chk fwd L, recov R trning RF, switch bk to L CP fcng DW;

123

**13-16 CONT HOVER CROSS WITH LADY INSIDE UNDERARM TRN;;
WHEEL 3; LADY ROLL OUT TO OPEN;**

- 123 13-14 {Cont Hover Cross with Lady Inside Underarm Trn} Fwd R
123 start RF trn, sd & fwd L arnd W cont RF trn, fwd R in SCAR fc
DC; XLIF of R DW trning RF loosen CP, XRIB of L to lead W to
LF underarm trn under joined lead hnds, fwd L fc DRW (W bk L,
cl R to L heel trn, bk L to SCAR; XRIB of L loosen CP, trn LF
under joined lead hnds fwd L, bk R end BJO);
- 123 15-16 {Wheel 3} Wheel fwd 3 R, L, R to end BJO LOD; {Lady Roll
1-3 Out to OP} Cont trn bk L to allow W to roll out to OP, hold to
(W123) connect trail hnds, sd & fwd R to OP fc wall (W fwd R start RF
roll, bk L cont RF roll, sd & fwd R to OP fc wall);

INTER

1 OPEN FENCE LINE;

- 123 1 {Open Fence Line} Both lunge thru L twd RLOD, recov R, sd L;

PART A MOD

REPEAT MEAS 1-15 PART A;:::::::::::

16 BK HOVER TO SEMI;

- 123 16 {Bk Hover to Semi} Cont RF trn bk L, sd & bk R hovering to
SCP DW, fwd L (W fwd R, fwd L trning RF to SCP DW, fwd R);

PART B

**1-4 OPEN NAT; OUTSIDE SPIN & TWIST OVERTRNED;; BK CHASSE TO
BJO;**

- 123 1-2 {Open Nat} Thru R start RF trn, sd & fwd L XIF of W, bk R in
123 BJO fc DRC (W fwd L, fwd R, fwd L); {Outside Spin &} With
early RF rotation step slgt bk L, cont LF rotation fwd R in BJO,
cont rotation sd L fc RLOD (W fwd R in BJO, cl L to R toe spin,
fwd R in CP);

- &--3 3-4 {Twist Overtrned} Hook RIB of L/ unwind,, fc DRW step bk L
(W&123) in CP (W run arnd M L/R, L trning to CP, fwd R in CP); {Bk
12&3 Chasse to BJO} Bk R trn LF, sd L/cl R, sd L cont LF trn to fc
DW in BJO;

**5-8 MANUV; OVERTRN SPIN TRN; TRNING LK WITH PICK-UP LK;
OPEN REV;**

- 123 5-6 {Manuv} Fwd R in BJO stretch L sd, fwd & sd L to fc RLOD, cl
123 R to L fc RLOD; {Overtrn Spin Trn} Bk L pivot ½ RF, fwd R
pivot ½ RF, bk L with R sd bk to fc DRW;
- 1&23& 7-8 {Trning Lk with Pick-Up Lk} Bring R sd bk to BJO bk R/ lk
123 LIF of R, bk R trning LF, fwd L/ lk RIB of L fc DC; {Open Rev}
Fwd L trning LF, sd R cont LF trn, bk L to BJO fc RLOD;

- 9-12 OPEN FIN; HOVER TELE; CURVED FEATH; OPP PTS;**
- 123 9-10 {**Open Fin**} Bk R cont LF trn, sd L cont LF trn, fwd R in BJO
 123 DW; {**Hover Tele**} Fwd L, sd & fwd R btwn W's ft with RF body
 trn to SCP, fwd L in SCP DW;
- 123 11-12 {**Curved Feath**} Fwd R start RF curve, fwd L strong curve, fwd
 1-- R to BJO DRW (W fwd L, sd & bk R, bk L); {**Opp Pts**} Bk L in
 BJO, trn RF to fc DRC as W steps fwd to swvl RF, pt R sd twd
 DC (W fwd R, swvl RF, pt L thru to DRW);
- 13-16 TRN TO OPP PTS; LINK TRANS TO SEMI; THRU TO PROM SWAY
 CHG SWAY; HOVER BRUSH TO SEMI;**
- 2- 13-14 {**Trn to Opp Pts**} Trn body LF to fc wall to put W on her ft, cl R
 (W12-) to L fc ing ptr & wall, pt L sd twd LOD head strong L to LOD (W
 --3& fwd L trning LF, cont LF trn small sd R, pt L RLOD head strong
 (W-23&) L to RLOD); {**Link Trans to Semi**} Rise on R, draw L to R, fwd
 L in SCP LOD (W rise on R, cl L to R, fwd R in SCP);
- 1-- 15-16 {**Thru to Prom Sway & Chg Sway**} Thru R, sd & fwd L to prom
 1-3 sway, chg sway to oversway; {**Hover Brush to Semi**} Sd R,
 brush L to R to SCP, fwd L in SCP;
- 17-20 HOVER UP TO BJO; LADY ROLL TRANS TO OP; FRONT VINE 3;
 SOLO TRN TO FC COH & PT;**
- 123 17-18 {**Hover Up to BJO**} Thru R, fwd L trning body LF to BJO, recov
 1-3 bk R (W thru L, fwd R trning body LF, recov fwd L in BJO);
 (W123) {**Lady Roll Trans to OP**} Bk L trning slgt RF to allow W to roll
 out, hold chg to trail hnds joined, sd & fwd R in OP fc wall (W
 fwd R start RF roll, cont roll bk L, cont roll sd & fwd R to OP fc
 wall);
- 123 19-20 {**Front Vine 3**} XLIF of R, sd R, XLIB of R; {**Solo Trn to Fc
 1-- COH Pt**} Sd & fwd R to drop hnds & bring both hnds in front of
 body crossed at wrist, both trn RF to fc COH & pt L extend both
 arms to sd, hold;
- 21-22 SOLO TRN TO FC WALL & PT; HOLD & ARM SWEEP;**
- 1-- 21-22 {**Solo Trn to Fc Wall & Pt**} Sd & fwd L to drop hnds & bring
 - both hnds in front of body crossed at wrist, both trn LF to fc wall
 & pt R extend both arms to sd connect trail hnds, hold; {**Hold
 with Arm Sweep**} Hold this position but slowly sweep lead arms
 down & up in front of body CCW (W CW) bk to extend out to sd;
- REPEAT A MOD AFTER THE TWO PICK-UP NOTES**
REPEAT B