

Makin' My Heart Go Boom

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CD: Deja Nu, Track 7 Artist: Dion MP3 Available from iTunes & others, CD from Amazon, CDBaby & others
Rhythm: Two Step RAL Phase II Difficulty Level: Easy
Footwork: Opposite unless noted (Woman's Footwork in parentheses)
Timing: Standard RAL 2 Step unless noted. Time @ 45 RPM: 2:56
Sequence: Intro-A -A-B-A-C-A-B-A-End Released: July 1, 2011

Meas

INTRO

1 - - 2 CP WALL WAIT 2;;

1 - 2 CP fcng WALL lead feet free for both wait 2 meas;;

PART A

1 - - 4 LEFT TRNG BOX;;;;

1 - 4 [Lft Trng Box] Sd L, Cl R to L, Fwd L trng ¼ LF; -, -; Sd R, Cl L to R, Bk R trng ¼ LF, -, -; Sd L, Cl R to L, Fwd L trng ¼ LF; -, -; Sd R, Cl L to R, Bk R trng ¼ LF, - to CP/WALL;

5 - - 8 SD CL 2X; SD, STP THRU; HITCH DBL;;

5 - 6 [Sd Cl 2X] Sd L, cl R to L, sd L, cl R to L; [Sd Stp Thru] Sd L trng slightly LF to SCP, -, thru R to SCP, -;

7 - 8 [Hitch Dbl] Fwd L, cl R to L, bk L, - (Fwd R, cl L to R, bk R, -); Bk R, cl L to R, fwd R, - (Bk L, cl R to L, fwd L, -);

9 - - 12 CIRCLE AWAY 2 2 STPS;; STRUT TOG 4;;

9 - 10 [Circle Away 2 2 Stps] Separating from ptr & moving away in a curving pattern fwd L, cl R to L, fwd L, -; continuing curving pattern away from ptr fwd R, cl L to R, fwd R completing curve to fc ptr 4-6 ft apt, -;

11 - 12 [Strut Tog 4] With Upper body swagger fwd L, -, fwd R, -; Fwd L, -, fwd R, - to BFLY/Wall;

REPEAT PART A

PART B

1 - - 4 SKATE L & R; SD 2 STP; SKATE R & L; SD 2 STP;

1 - 2 [Skate L & R] Releasing contact with ptr swivel LF on R & stp fwd on L/draw R to L swinging arms to lft, -, swivel RF on L & stp fwd on R/draw L to R swinging arms to rt, - (Swivel RF on L & stp fwd on R/draw L to R swinging arms to rt, -, swivel LF on R & stp fwd on L/draw R to L swinging arms to left, -);
[Sd 2 Stp] Sd L, cl R to L, sd L, -;

3 - 4 [Skate R & L] Releasing contact with ptr swivel RF on L & stp fwd on R/draw L to R swinging arms to rt, -, swivel LF on R & stp fwd on L/draw R to L swinging arms to lft, - (Swivel LF on R & stp fwd on L/draw R to L swinging arms to lft, -, swivel RF on L & stp fwd on R/draw L to R swinging arms to left, -);
[Sd 2 Stp] Sd R, cl L to R, sd R, -;

5 - - 8 BOX APT; BOX TOG; KNOCK 5X & HOLD;;

5 - 6 [Box Apt] Sd L, cl R to L, bk L, -; [Box Tog] Sd R, cl L to R, fwd R twd ptr hnds high & closed like a fist, -;

7 - 8 [Knock 5X & Hold] With action like knocking on a door both hnds twd ptr's hnds knock 5X; ,
[Hold] In fcng position hold prepare to blend to CP/Wall, -, -;

REPEAT PART A

PART C

1 - - 4 VINE 3, TCH; WRAP; UNWRAP; CHG SDS;

1 - 2 [Vine 3, Tch] sd L, xrib, sd L, -; [Wrap] Lowering trailing hnds sd R, small sd L, small sd R (W trn LF under joined ld hnds L, R, L,tch R) to wrap pos LOD, -;

- 3 - 4 [Unwrap] release ld hnds sip L, R, L, (W trn RF R, L, R, tch L) to OP LOD, -; [Chg Sds] with trail hnds joined trn RF (W LF) arnd W fwd R, fwd L, fwd R to BFLY COH,-;
- 5 - - 8 FC TO FC; BK TO BK; VINE APT; VINE TOG BFLY;**
- 5 - 6 [Fc to Fc] Sd L, cl R to L, sd L trng LF away from ptr to slight bk to bk pos retain trailing hands joined, -;
[Bk to Bk] Sd R, cl L to R, sd R trng RF to OP/ROD, -;
- 7 - 8 [Vine Apt] Moving apt from ptr sd L, XRIB, sd L, tch R to L; [Vine Tog] Moving twd ptr sd R, XLIB, sd R, tch L to R in BFLY/COH;
- 9 - - 12 VINE 3, TCH; WRAP; UNWRAP; CHG SDS;**
- 9 - 12 Fcng COH Repeat Meas 1 to 4, Part C to end CP/Wall;;;;

REPEAT PART A

REPEAT PART B

REPEAT PART A

END

- 1 - - 4 BOX;; BK HITCH; SCIS THRU;**
- 1 - 2 [Box] Sd L, cl R to L, fwd L, -; Sd R, cl L to R, bk R, -;
3 - 4 [Bk Hitch] Bk L, cl R to L, fwd L -; [Scis Thru] Sd R, cl L to R with LF swivel action, XRIF to SCP;
- 5 - - 8 FIGURE 8;;;;**
- 5 - 8 [Start Figure 8] Separating from ptr & moving away in a LF curving pattern fwd L, cl R to L, fwd L, -; continuing LF curving pattern away from ptr fwd R, cl L to R, fwd R completing curve to fc RLOD 4-6 ft apt, -; Cont curving LF bk twd ptr fwd L, cl R to L, fwd L, -; continue twd ptr fwd R, cl L to R, fwd R to pass rt shldrs, -;
- 9 - - 12 FIGURE 8;;;;**
- 9 - 12 [Finish Figure 8] Pass rt shldrs fwd L away from ptr commencing to curve RF, cl R to L, fwd L, -; cont RF curve fwd R, cl L to R, fwd R to fc RLOD,-; Cont curving RF bk twd ptr fwd L, cl R to L, fwd L, -; continue twd ptr fwd R, cl L to R, fwd R to CP/COH, -;
- 13 - 16 BOX;; BK HITCH; SCIS THRU;**
- 13 - 14 Fcng COH Repeat Meas 1 & 2, End;;
15 - 16 Fcng COH Repeat Meas 3 & 4, End;;
- 17 - 20 FIGURE 8;;;;**
- 17 - 20 [Start Figure 8] Separating from ptr & moving away in a LF curving pattern fwd L, cl R to L, fwd L, -; continuing LF curving pattern away from ptr fwd R, cl L to R, fwd R completing curve to fc LOD 4-6 ft apt, -; Cont curving LF bk twd ptr fwd L, cl R to L, fwd L, -; continue twd ptr fwd R, cl L to R, fwd R to pass rt shldrs, -;
- 21 - 24 FIGURE 8;;;;**
- 21 - 24 [Finish Figure 8] Pass rt shldrs fwd L away from ptr commencing to curve RF, cl R to L, fwd L, -; cont RF curve fwd R, cl L to R, fwd R to fc LOD,-; Cont curving RF bk twd ptr fwd L, cl R to L, fwd L, -; continue twd ptr fwd R, cl L to R, fwd R to BFLY/WALL, -;
- 25 - 28 QK VINE 8;; SLOW SD CL 2X;;**
- 25 - 26 [Qk Vine 8] Sd L, XRIB, sd L, XRIF; Sd L, XRIB, sd L, XRIF to OP/LOD;
27 - 28 [Sd Cl 2X] Sd L, - cl R to L, -; Sd L, -, cl R to L, -;
- 29 APT, PT;**
- 29 [Apt, Pt] Maintain trailing hnd hold Stp apt L, -, pt R twds ptr & LOD, -;

Quick Cues

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(Phase II - Two Step)

(Weiss)

Intro CP Wall Wait 2;;

A Left Trng Box;;;;
Sd Cl 2X; Sd Stp Thru; Hitch Dbl;;
Circle Away 2 2 Stps;; Strut Tog 4;;

A Left Trng Box;;;;
Sd Cl 2X; Sd Stp Thru; Hitch Dbl;;
Circle Away 2 2 Stps;; Strut Tog 4;;

B Skate L & R; Sd 2 Stp; Skate R & L; Sd 2 Stp;
Box Apt; Box Tog No Hnds; Knock 5X & Hold;;

A Blend to CP Left Trng Box;;;;
Sd Cl 2X; Sd Stp Thru; Hitch Dbl;;
Circle Away 2 2 Stps;; Strut Tog 4;;

C Vine 3 & Tch; Wrap; Unwrap; Chg Sds;
Fc to Fc; Bk to Bk; Vine Apt 3; Vine Tog Bfly;
Vine 3 & Tch; Wrap; Unwrap; Chg Sds;

A Left Trng Box;;;;
Sd Cl 2X; Sd Stp Thru; Hitch Dbl;;
Circle Away 2 2 Stps;; Strut Tog 4;;

B Skate L & R; Sd 2 Stp; Skate R & L; Sd 2 Stp;
Box Apt; Box Tog No Hnds; Knock 5X & Hold;;

A Left Trng Box;;;;
Sd Cl 2X; Sd Stp Thru; Hitch Dbl;;
Circle Away 2 2 Stps;; Strut Tog 4;;

End Box;; Bk Hitch; Scis Thru;
Figure 8;;; ;;;
Box;; Bk Hitch; Scis Thru;
Figure 8;;; ;;;
Qk Vine 8;; Slow Sd, Cl 2X;; Apt, Pt;