



Handcuffed To Your Heart



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Music: Celeste Kellogg; This Is Where I Wanna Be, Track 9 (2010); Download @ Rhapsody.com (See links at bottom); **Time:** 2:51; **Speed:** Increase 5%

Rhythm: Foxtrot; Phase IV+2 (Check & Weave, Natural Hover Cross); **Diff:** Average

Footwork: Opposite unless noted (Woman's footwork in parenthesis)

Sequence: INTRO, A, B, BR, INT, A (MOD), BR, B, BR, C, B (MOD), B, BR, END

INTRODUCTION

1-4 (CP FCG WALL) WAIT 2 ;; HOVER (SCP) ; CHAIR & SLIP ;

1-2 IN cp FCG wall wait 2 measures,-,-,-,-,-,-,-,-;

3-4 Fwd L,-, sd & fwd R w/rise, rec L; chk thru R, -, rec L, w/ slight LF upper bdy trn slp R bhd L cont trn to BJO DLC (W chk thru L, -, rec R, swvl LF on R & stp fwd L in frnt of M to CP);

5-8 DIAMOND TURN 1/2 ;; QUICK DIAMOND 4 ; DIP BACK & RECOVER ;

5-6 fwd L trng LF on the diag,-, cont trng sd R, bk L; bk R trng LF,-, sd L, fwd R;

7-8 fwd L trng LF on the diag, cont trng sd R, bk L, bk R to BJO DLW; dip bk L relaxing L knee,-,rec R,-;

PART A

1-4 REVERSE WAVE ;; BACK FEATHER ; FEATHER FINISH ;

1-2 fwd L trng LF,-, fwd R trng LF to CP DRC, bk L (Bk R comm LF trn,-, cl L to R for heel trn, fwd R); Bk R curving to fc RLOD,-, bk L, bk R to CP RLOD;

3-4 bk L,-, bk R with R shldr ld, bk L to BJO DRW; bk R trng LF,-, sd & fwd L, fwd R to BJO DLW;

5-8 HOVER TELEMARK ; IN & OUT RUNS ;; FEATHER ;

5-6 fwd L,-, with rise sd & fwd R trng LF, fwd L to SCP LOD; M thru R comm RF turn,-, sd & bk L cont turn to CP, bk R to contra BJO fcg RLOD (W fwd L,-, R betw M's ft, fwd L in contra BJO);

7-8 bk L turn RF,-, sd & fwd R betw W's feet cont RF turn, fwd L to SCP LOD (W fwd R turn RF,-, fwd & sd L cont. turn, fwd R to SCP); thru R,-, fwd L, fwd R to BJO DLC (thru L trng LF,-, sd & bk R, bk L to BJO);

9-12 REVERSE WAVE 1/2 ; CHECK & WEAWE ;; THREE STEP ;

9-10 fwd L trng LF,-, fwd R trng LF to CP DRC, bk L (Bk R comm LF trn,-, cl L to R for heel trn, fwd R); slip bk R with contra action,-, fwd L comm LF 1/8 trn, bk L trng 1/8 LF trn (slip fwd L,-, bk R comm 1/8 LF trn, sd L trng 1/8 LF) to BJO;

11-12 bk L, bk R trng 1/8 LF, sd & fwd L trng 1/8 LF, fwd R to BJO (fwd R, fwd L trng 1/8 LF, sd & bk R trng 1/8 LF, bk L to BJO); fwd L passng step,-, fwd, R, fwd L;

13-16 HALF NATURAL TURN ; IMPETUS (SCP) ; NATURAL HOVER CROSS ;;

13-14 comm RF upper bdy trn fwd R,-, sd L cont trn, bk R (comm RF upper bdy trn bk L,-, cl R to L cont trn, fwd L) tp CP RLOD; comm RF upper bdy trn bk L,-, cl R to L cont trn,fin trn fwd L (comm RF upper bdy trn fwd L betw M's feet,-, sd & fwd R pivoting 1/2 RF, fwd R to fin trn) to SCP LOD;

- 15-16 fwd R comm RF trn,-, sd L cont 1/4 RF trn, sd R cont 1/2 RF trn (bk L comm RF trn,-, cl R to L trng 3/8 RF, sd L trng 3/8 RF) to CP DLC; fwd L trng RF to SCAR, rec R, sd & fwd L, fwd R to BJO DLC (bk R in SCAR, rec L, sd & bk R, sd & bk L) to BJO DLC;

PART B

1-4 DIAMOND TURN ::::

- 1-2 fwd L trng LF on diag,-, cont LF trn sd R, bk L; Cont LF trn R,-, sd L, fwd R;
3-4 Fwd L trng LF on diag,-, sd R, bk L; Bk R cont LF trn,-, sd L, fwd R;

5-8 TELEMARK (SCP) ; NATURAL HOVER FALLAWAY ; WEAVE ENDING ; CHANGE OF DIRECTION (CHECKING) ;

- 5-6 fwd L comm LF trn,-, sd R cont LF trn, sd & fwd L (bk R comm LF trn clsng R foot to L,-, trn LF on R heel & chng wt to L, sd & fwd R) to SCP DLW; fwd R trng RF,-, fwd L with rise, bk R;
7-8 bk L, bk R comm LF trn, sd & fwd L cont trn twd DLW, fwd R (fwd R,-, sd L comm LF trn, sd & bk R cont trn, bk L) to BJO DLW; fwd L,-, fwd R with R shldr lead (W L shldr) to draw L to R with chkg action,-;

BRIDGE

1 FISHTAIL ;

- 1 progressing in BJO XLIBR, sd R with slight RF trn, fwd L with L shldr lead, lock R beh L (XRIFL, sd L with slight RF trn, bk R with R shldr lead, lock L in frnt of R);

INTERLUDE

1-4 DIAMOND TURN 1/2 ;; QUICK DIAMOND 4 ; DIP BACK & RECOVER ;

- 1-2 fwd L trng LF on the diag,-, cont trng sd R, bk L; bk R trng LF,-, sd L, fwd R;
3-4 fwd L trng LF on the diag, cont trng sd R, bk L, bk R to BJO DLW; dip bk L relaxing L knee,-,rec R,-;

REPEAT PART A (1-8)
REPEAT BRIDGE
REPEAT PART B

PART C

1-4 REVERSE TURN ;; OPEN TELEMARK ; NATURAL HOVER FALLAWAY ;

- 1-2 fwd L comm LF trn,-, sd R cont trn, bk L to CP (bk R comm LF trn,-, cl L to R cont trn on R heel, fwd R to CP); cont trng bk R,-, sd & fwd L, fwd R (W fwd Lcont trng LF,-, sd R, bk L) to BJO DLW;
3-4 fwd L comm LF trn,-, sd R cont LF trn, sd & fwd L (bk R comm LF trn clsng R foot to L,-, trn LF on R heel & chng wt to L, sd & fwd R) to SCP DLW; fwd R trng RF,-, fwd L with rise, bk R;

5-8 OUTSIDE CHANGE (SCP) ; THRU CHASSE (SCP) ; NATURAL WEAVE ;;

- 5-6 bk L, -, bk R trng LF, sd & fwd L to SCP DLW; thru R trng to fc ptrn,-, sd L/cl R, fwd L trng LF (thru L trng to fc ptrn,-, sd R/cl L, trng LF bk R) to SCP DLW;
7-8 fwd R comm RF trn,-, sd L cont trn, bk R (bk L comm RF trn,-, cl R to L trng RF on R heel, fwd L) to BJO DRW; bk L, bk R comm LF trn, sd & fwd L cont trn twd DLW, fwd R (fwd R,-, sd L comm LF trn, sd & bk R cont trn, bk L) to BJO DLW;

9-12 HOVER TELEMARK ; THRU CHASSE (SCP) ; SLOW SIDE LOCK ; TURN LEFT & RIGHT CHASSE (BJO) ;

- 9-10 fwd L, -, fwd R betw W's feet rising & trng RF, sd & fwd L to SCP; thru R trng to fc ptr, -, sd L/cl R, fwd L trng LF (thru L trng to fc ptr, -, sd R/cl L, trng LF bk R) to BJO DLW;
11-12 thru R, -, sd & fwd L trng bdy LF, XRIB (W thru L comm LF trn, -, sd & bk R cont LF trn to fc M, XLIF) to CP DLC; fwd L comm LF trn, -, cont trng bk R, -, sd & fwd L, fwd R (W fwd L cont trng LF, -, sd R, bk L) to BJO DLW;

13 HESITATION CHANGE ;

- 13 bk L comm RF trn, -, cont RF trn sd R twd DLW, draw L to R to CP DLC;

PART B (MODIFIED)

1-4 DIAMOND TURN ;;;;

- 1-2 fwd L trng LF on diag, -, cont LF trn sd R, bk L; Cont LF trn R, -, sd L, fwd R;
3-4 Fwd L trng LF on diag, -, sd R, bk L; Bk R cont LF trn, -, sd L, fwd R;

5-8 TELEMARK (SCP) ; NATURAL HOVER FALLAWAY ; WEAVE ENDING ; CHANGE OF DIRECTION (CHECKING) ;

- 5-6 fwd L comm LF trn, -, sd R cont LF trn, sd & fwd L (bk R comm LF trn clsng R foot to L, -, trn LF on R heel & chng wt to L, sd & fwd R) to SCP DLW; fwd R trng RF, -, fwd L with rise, bk R;
7-8 bk L, bk R comm LF trn, sd & fwd L cont trn twd DLW, fwd R (fwd R, -, sd L comm LF trn, sd & bk R cont trn, bk L) to BJO DLW; fwd L, -, fwd R with R shldr lead (W L shldr) to draw L to R, -;

**REPEAT PART B
REPEAT BRIDGE**

ENDING

1-4 THREE STEP ; FORWARD & RUN 2 (BJO DLC) ; DIAMOND TURN 1/2 ;;

- 1-2 fwd L, -, fwd R (heel ld), fwd L to CP LOD); fwd R, -, fwd L, fwd R blend to BJO DLC;
3-4 fwd L trng LF on the diag, -, cont trng sd R, bk L, bk R trng LF, -, sd L, fwd R;

5-6 QUICK DIAMOND 4 ; DIP & HOLD ;

- 5-6 fwd L trng LF on the diag, cont trng sd R, bk L, bk R to BJO DLW; dip bk L relaxing L knee & hold, -, -;

Music Sampling Links:

<http://us.napster.com/artist/celeste-kellogg/album/this-is-where-i-wanna-be>
<https://www.youtube.com/watch?v=fAK6BW1xzbM>