

More Hearts Than Mine 4

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Music:	More Hearts Than Mine on Amazon Music https://www.youtube.com/watch?v=j_A8Zjwr9m0	Rhythm: Slow Two Step https://youtu.be/4h4mMMtjH3g
Artist:	Ingrid Andress	Phase: 4+2 (Arm to Arm, Triple Traveler)
Sequence:	Intro, A, B, C, Int1, B, C, Ending	Time/Tempo: Fade @2:39, Cut @2:42, Slow 8% to 10%
Footwork:	Described for Man - Woman opposite or (as noted)	Timing: SQQ unless otherwise noted

INTRO

- 1-4** **WAIT 2 MEAS in LOW BFLY WALL ; ; SWAY L & R 2X ; ;**
 -- 1-2 {Wait 2 Meas} Wait 2 Meas in low Bfly wall Lead ft free Both hnds jnd ; ;
 SSSS 3-4 {Sway L & R 2X} Sd L sway L , -, Rec R sway R in low Bfly , -; Rec L sway L , -, Rec R sway R , -;

PART A

- 1-4** **TWISTY BASIC 2X ; ; SLOW TWIRL VINE 4 to ½ OP ; ;**
 1-2 {Twisty Basic 2X} Sd L w/ slight RF trn, -, XRIB of L, Rec L to end in low Bfly fcg DRW ; (Sd R w/ slight RF trn, -, XLIF of R, Rec R;) Sd R w/ slight LF trn, -, XLIB of R, Rec R to end in low Bfly fcg DLW ; (Sd L w/ slight LF trn, -, XRIF of L, Rec L;)
 SSSS 3-4 {Slow Twirl Vine 4 to ½ OP} Sd L raising lead hnd leading W to RF trn, -, XRIB of L cont leading W to trn, -; Sd L lowering lead hnd, -, XRIF of L to ½ OP LOD, -; (Sd & fwd R trng ½ RF undr jnd hnds, -, Sd & bk L trng ½ RF, -; Sd R, -, XLIF of R, -;)
5-8 **OPEN BASIC 2X to ESCORT POS LOD ; ; STROLL 4 to OP ; ;**
 5-6 {Open Basic 2X to Escort Pos LOD} Sd L trng RF to ½ LOP RLOD, -, Rk bk R, Rec L in ½ LOP RLOD ; Sd R trng LF to escort pos, -, Rk bk L, Rec R to LOD ;
 SSSS 7-8 {Stroll 4 to OP} Fwd L down the LOD , -, Fwd R , -; Fwd L, -, Fwd R, -;
9-12 **QUICK LACE ACROSS ; WALK 2 in LOP ; QUICK LACE BACK ; WALK 2 to BFLY WALL ;**
 QQS 9 {Quick Lace Across QQS} Fwd L sm stp joining & raising lead hnds trng RF XIB of W, Cl R to L passing bhd W's R sd, Fwd L lowering jnd hnds to LOP fcg LOD, -; (Fwd R trng LF XIF of M, Cl L to R undr jnd hnd to M's L sd, Fwd R, -;)
 SS 10 {Walk 2 in LOP} Fwd R, -, Fwd L, -;
 QQS 11 {Quick Lace Back QQS} Fwd R sm stp joining & raising trail hnds trng LF XIB of W, Cl L to R passing bhd W's L sd, Fwd R lowering jnd hnds to OP fcg LOD, -; (Fwd L trng RF XIF of M, Cl R to L undr jnd hnd to M's R sd, Fwd L, -;)
 SS 12 {Walk 2 to BFLY Wall} Fwd L, -, Fwd R trng ¼ RF to Bfly wall, -;
13-16 **FULL BASIC ; ; LUNGE BASIC to CP WALL ; BASIC ENDING FC WALL ;**
 13-14 {Full Basic} Sd L, -, XRIB of L, Rec L; Sd R, -, XLIB of R, Rec R;
 15 {Lunge Basic to CP} Sd L lunging into L knee, -, Rec R, XLIF of R to CP wall;
 16 {Basic Ending Fc Wall} Sd R, -, XLIB of R, Rec R to fc Wall;

PART B

- 1-5** **TWO LUNGE BASIC to WALL ; ; UAT to HAMMERLOCK ; WHEEL 3 to FC COH ;**
 1-2 {Two Lunge Basic to Wall} Sd L, -, Rec R, XLIF of R; Sd R, -, Rec L, XRIF of L;
 3 {UAT to Hammerlock} Sd L raising lead hnds, -, XRIB of L lead W to trn RF, Rec L raise L hnd over W head bring R hnd at hip level to hammerlock pos fc wall; (Sd R w/ R hnd high comm RF trn, -, Fwd L trng RF undr lead hnds w/ L hnd low at hip level bhd her back, Fwd R fc COH;)
 4 {Wheel 3 to Fc COH} Fwd R trng RF, -, Fwd L, Fwd R comp ½ RF trn maintaining hammerlock pos fc COH; (Fwd L trng RF, -, Fwd R, Fwd L maintaining hammerlock pos to end fcg wall;)
5-8 **UNWRAP to BFLY WALL ; BASIC ENDING FC WALL ; OP BASIC 2X PICKING UP to CP ; ;**
 5 {Unwrap to BFLY Wall} Fwd L trng RF sm stp lead W to unwrap LF retaining dbl handhold, -, In place R cont unwrapping W LF, In place L lowering lead hnd trng ¼ RF to Bfly wall; (Fwd R trng LF unwrapping undr jnd lead hnds, -, In place L cont LF trn, In place R complete LF trn to Bfly fc COH;)
 6 {Basic Ending Fc Wall} Sd R, -, XLIB of R, Rec R to fc Wall;

- 7-8 **{OP Basic 2 X Picking up to CP}** Sd L trng RF to ½ LOP RLOD, -, Rk bk R, Rec L in ½ LOP RLOD; Sd R trng LF to ½ OP, -, Rk bk L, Rec R leading W to trn LF to CP LOD;

9-12 LEFT TRN ; BASIC ENDING PICKING UP ; LEFT TRN INSIDE ROLL; BASIC ENDING to ½ OP LOD ;

- 9 **{Left Trn}** Fwd L trng LF ¼ fc COH, -, Sd R, XLIF of R; (Bk R trng LF, -, Sd L fcg wall, XRIF of L;)
 10 **{Basic Ending Picking Up}** Sd R, -, XLIB of R, Rec R picking W up to CP; (Sd L, -, XRIB of L, Rec fwd L trng ½ LF to CP;)
 11 **{Left Trn Inside Roll}** Fwd L trn LF ¼ to fc wall raise lead hnd to lead W LF inside trn, -, Sd R, XLIF of R lower lead hnd; (Bk R trn LF, -, Sd L trn LF undr lead hnds, Sd R cont LF trn to fc ptr CP wall;)
 12 **{Basic Ending to ½ OP LOD}** Sd R, -, XLIB of R, Rec R to ½ OP LOD;

13-16 2 SWITCHES ; ; FULL BASIC PICKING UP LOW BFLY LOD ; ;

- 13-14 **{2 Switches}** Sd & bk L trng RF XIF of W fcg RLOD, -, Sd & fwd R cont trng RF to ½ LOP fcg LOD, Fwd L; Fwd R between W's ft, -, Fwd L leading W to ½ OP, Fwd R to ½ OP LOD; (Fwd R between M's ft, -, Fwd L to ½ LOP, Fwd R to ½ LOP LOD; Sd & bk L trng RF XIF of M fcg RLOD, -, Sd & fwd R cont trng RF to ½ OP fcg LOD, Fwd L;)
 15-16 **{Full Basic Picking Up Low BFLY LOD}** Sd L to BFLY, -, XRIB of L, Rec L; Sd R, -, XLIB of R, Rec R picking W up to BFLY LOD; (Sd R to BFLY, -, XLIB of R, Rec R; Sd L, -, XRIB of L, Rec & fwd L trng ½ LF to BFLY;)

PART C

1-4 TRAVELING X-CHASSES 3X ; ; ; RUN 3 to ½ OP LOD ;

- 1-3 **{Traveling X-Chasses 3X}** Fwd L fcg LOD in low BFLY, -, Sd & fwd R trng LF fcg DLC, XLIF of R; (Bk R, -, Sd & bk L, XRIF of L; Sd & fwd R fcg LOD, -, Sd & fwd L trng RF fcg DLW, XRIF of L (Sd & bk L, -, Sd & bk R, XLIF of R); Repeat Meas 1;
 4 **{Run 3 to ½ OP}** Fwd R, -, Sd & fwd L trng W RF, Fwd R to ½ OP LOD; (Bk L comm RF trn, -, Sd & fwd R trng RF, Fwd L to ½ OP LOD;)

5-8 ARM to ARM ; ; OPEN BASIC 2X PICKING UP ; ;

- 5-6 **{Arm to Arm}** Fwd L between W's ft leading W to XIF of M, -, Sd & fwd R to ½ LOP LOD, Fwd L; (Sd & bk R trng LF XIF of M fcg RLOD, -, Sd & fwd L cont trng LF to ½ LOP fcg LOD, Fwd R;)
 Fwd R between W's ft leading W to XIF of M, -, Sd & fwd L to ½ OP LOD, Fwd R; (Sd & bk L trng RF XIF of M fcg RLOD, -, Sd & fwd R cont trng RF to ½ OP fcg LOD, Fwd L;)
 7-8 **{Open Basic 2X Picking Up}** Sd L trng RF to ½ LOP RLOD, -, Rk bk R, Rec L in ½ LOP RLOD; Sd R trng LF to ½ OP, -, Rk bk L, Rec R picking W up to CP LOD;

9-13 TRIPLE TRAVELER to R HANDSHAKE FC COH ; ; ; SHADOW BREAK 2X ; ;

- 9-11 **{Triple Traveler to R Handshake}** Fwd L trng upper bdy LF raising lead hnd to lead W to LF inside trn, -, Fwd R cont trng W, Fwd L lower lead hnd; (Bk R trn LF, -, Sd & fwd L trn LF undr lead hnds, Sd & fwd R cont LF trn to fc LOD; Fwd R spiral LF undr jnd hnds, -, Fwd L, Fwd R lowering jnd hnds; (Fwd L, -, Fwd R, Fwd L; Fwd L bringing jnd hnds down & bk, -, Fwd R bringing hands up & around leading W to roll RF, Fwd L cont leading W to RF trn to R handshake fcg COH; (Fwd R comm RF turn, -, Sd & bk L trng RF undr jnd hands, Fwd R cont RF trn to R handshake;)
 12-13 **[Maintain a Handshake Pos Thru MEAS 12 to MEAS 17] {Shadow Break 2X End fcg LOD}** In R handshake trng slightly LF sd R, -, XLIB of R, Rec R fc RLOD; (Trng slightly RF sd L, -, XRIB of L, Rec L fc LOD; Trng slightly RF sd L, -, XRIB of L, Rec L fc LOD; (Trng slightly LF sd R, -, XLIB of R, Rec R fc RLOD;)

14-16 OPEN BREAK FC COH ; UNDERARM TRN ; OPEN BREAK ;

- 14 **{Open Break Fc COH}** Sd R to fc COH, -, Bk L leading W to brk apt, Rec R; (Sd L, -, Bk R apt from M, Rec L;)
 15 **{UAT}** Sd L, -, XRIB of L lead W undr R handshake, Rec L; (Sd R comm RF trn, -, Fwd L trng RF undr stacked hnds, Fwd R cont RF trn to fc ptr;)
 16 **{Open Break}** Sd R, -, Bk L leading W to brk apt, Rec R; (Sd L, -, Bk R apt from M, Rec L;)

17-20 TRADE PLACES 2X ; ; CHANGE SIDES UNDERARM FC WALL LOP; BASIC ENDING to BFLY WALL;

- 17-18 **{Trade Places 2X Fc COH}** Fwd L trng ½ RF to L handshake, -, Rk bk R, Rec L; Fwd R trng ½ LF to LOP FACG, -, bk L, Rec R;
 19 **{Change Sides UAT Fc Wall LOP}** Fwd & sd L trng RF raising the joined hnds leading W fwd under the hnds, -, Sd & bk R trng RF to fc Wall LOP, XLIF of R LOP FACG WALL (Fwd R under the joined hnds trng ½ LF, -, Sd & bk L comp trn LF to fc M, XRIF of L;)
 20 **{Basic Ending to BFLY Wall}** Sd R, -, XLIB of R, Rec R to Bfly Wall;

21-24 TWIRL VINE 3 ; CRAB WALK 3 ; BASIC to ½ OP LOD ; ;

- 21 **{Twirl Vine 3}** Sd L raising lead hnd leading W to RF trn, -, XRIB of L cont leading W to trn, Sd L lowering lead hnd to Bfly Wall; (Sd & fwd R trng ½ RF undr jnd hnds, -, Sd & bk L trng ½ RF, Sd R;)
 22 **{Crab Walk 3}** XRIF of L, -, Sd L, XRIF of L fc Wall;
 23-24 **{Basic to ½ OP LOD}** Sd L, -, XRIB of L, Rec L; Sd R, -, XLIB of R, Rec R to ½ OP LOD;

INT

1-2 **STROLL 4 in ½ OP FC WALL ; ;**
 SSSS 1-2 {Stroll 4 in ½ OP Fc Wall} Fwd L, -, Fwd R, - ; Fwd L, -, Fwd R trng RF to fc Wall, -;

1-16 REPEAT PART B

1-24 REPEAT PART C

1-22 {Repeat Part C Meas 1-22}
 23-24 **BASIC PICKING UP to CP LOD ; ;**
 {Basic Picking up to CP LOD} Sd L, -, XRIB of L, Rec L; Sd R trng LF, -, Rk bk L, Rec R picking W up to CP
 LOD ; (Sd L trng RF, -, Rk bk R, Rec L trng LF picking up to CP ;)

END

1-7 **DIAM TRNS 3/4 ; ; ; LADY INSIDE ROLL to SHADOW MAN in 2 ; WALK 2 DOWN LOD in SHADOW TO DLW;**
SD R to FENCE LINE & EXTEND ; ;

SS 1-3 {Diam Trns 3/4} Fwd L trng LF, -, Sd R cont LF trn, Bk L in BJO fcg COH; Bk R trn LF, -, Sd L cont LF trn, Fwd
 (QQS) R in BJO fcg RLOD; Fwd L trng LF, -, Sd R cont LF trn, Bk L
 SS 4 {Lady Inside Roll to Shad Man in 2} Bk R raise lead hnds leading W to trn LF, -, Sd & fwd L fcg DLW leading W
 SSSS to trn LF to Shadow, -; (Fwd L trng LF, Sd & fwd R trng LF, Sd & fwd L finish LF trn to Shad pos, -;)
 SS 5 {Walk 2 down LOD in Shadow DLW} Bth same ft Fwd R, -, Fwd L, -;
 SSSS 6-7 {Sd R to Fence Line & Extend} In Shad Pos bth sd & fwd R DLW, -, Bend into R knee XLIF of R looking R,-;
 Extend R arm,-,-,-;

Head Cues Sequence: Intro, A, B, C, INT, B, C, Ending

INTRO

1-4 WAIT 2 MEAS in LOW BFLY WALL LEAD FT FREE BTH HNDS JND ; ; SWAY L & R 2X ; ;

PART A

1-4 TWISTY BASIC 2X ; ; SLOW TWIRL VINE 4 to ½ OP ; ;
5-8 OPEN BASIC 2X to ESCORT POS ; ; STROLL 4 to OP ; ;
9-12 QUICK LACE ACROSS QQS ; WALK 2 in LOP ; QUICK LACE BACK QQS ; WALK 2 to BFLY WALL ;
13-16 FULL BASIC ; ; LUNGE BASIC to CP ; BASIC ENDING ;

PART B

1-4 TWO LUNGE BASIC to BFLY WALL ; ; UAT to HAMMERLOCK ; WHEEL 3 to FC COH ;
5-8 UNWRAP to BFLY WALL ; BASIC ENDING ; OPEN BASIC 2X PICKING UP to CP ; ;
9-12 1 LEFT TRN ; BASIC ENDING PICKING UP ; LEFT TRN w/ INSIDE ROLL ; BASIC ENDING to ½ OP ;
13-16 2 SWITCHES ; ; FULL BASIC PICKING UP LOW BFLY LOD ; ;

PART C (ENDS in ½ OP LOD)

1-4 TRAVELING X-CHASSES 3X ; ; ; RUN 3 to ½ OP ;
5-8 ARM to ARM ; ; OPEN BASIC 2X PICKING UP ; ;
9-13 TRIPLE TRAVELER to R HAND SHAKE ; ; ; SHADOW BREAK 2X ; ;
14-16 OPEN BREAK ; UNDERARM TRN ; OPEN BREAK ;
17-20 TRADE PLACES 2X to LOP COH ; ; CHANGE SIDES UNDERARM ; BASIC ENDING to BFLY WALL ;
21-24 TWIRL VINE 3 ; CRAB WALK 3 ; BASIC to ½ OP LOD ; ;

INT

1-2 STROLL 4 in ½ OP FC WALL ; ;

REPEAT PART B

1-4 TWO LUNGE BASIC to BFLY WALL ; ; UAT to HAMMERLOCK ; WHEEL 3 to FC COH ;
5-8 UNWRAP to BFLY WALL ; BASIC ENDING ; OPEN BASIC 2X PICKING UP to CP ; ;
9-12 1 LEFT TRN ; BASIC ENDING PICKING UP ; LEFT TRN w/ INSIDE ROLL ; BASIC ENDING to ½ OP ;
13-16 2 SWITCHES ; ; FULL BASIC PICKING UP to LOW BFLY LOD ; ;

REPEAT PART C (ENDS PICKING UP to CP DW)

1-4 TRAVELING X-CHASSES 3X ; ; ; RUN 3 to ½ OP ;
5-8 ARM to ARM ; ; OPEN BASIC 2X PICKING UP ; ;
9-13 TRIPLE TRAVELER to R HAND SHAKE ; ; ; SHADOW BREAK 2X ; ;
14-16 OPEN BREAK ; UNDERARM TRN ; OPEN BREAK ;
17-20 TRADE PLACES 2X to LOP COH ; ; CHANGE SIDES UNDERARM ; BASIC ENDING to BFLY W ;
21-24 TWIRL VINE 3 ; CRAB WALK 3 ; BASIC PICKING UP to CP LOD ; ;

ENDING

1-4 DIAM TRNS 3/4 ; ; ; LADY INSIDE ROLL to SHADOW MAN in 2 ;
5-7 WALK 2 DOWN LOD to DLW ; SD R to FENCE LINE & EXTEND ; ;