

## My Foolish Heart IV

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**Music:** My Foolish Heart – Rod Stewart - (The Great American Songbook V) – Amazon.com  
**Rhythm:** Phase IV Bolero  
**Sequence:** Intro, A, B, A, B, Ending  
**Speed:** 45  
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### Intro

1-4 **WAIT ; HIP ROCKS ; SHOULDER TO SHOULDER 2X ; ;**  
-- 1 (Wait) Low BFLY fc ptr & wall trailing foot free wait 1 measure;  
SQQ 2 (Hip Rocks) Sd R, - sd L, sd R raise arms to BFLY;  
SQQ 3 (Shoulder to Shoulder) Sd L, -, XRIF BFLY/BJO, rec L (W sd R, -, XLIB, rec R);  
SQQ 4 (Shoulder to Shoulder) Sd R, -, XLIF BFLY/SCAR, rec R (W sd L, -, XRIB, rec L); blend to CP

### Part A

1-4 **BASIC ; ; CROSS BODY ; LUNGE BREAK ;**  
SQQ 1 (Basic) Sd L, - bk R, rec L (W sd R, -, fwd L, rec R);  
SQQ 2 Sd R, -, fwd L, rec R (W sd L, -, bk R, rec L);  
SQQ 3 (Cross Body) Trng LF sd L twd COH, -, bk R, trn LF rec L  
(W fwd R, -, fwd L across in front of M, fwd R trng LF); end CP COH  
S-- 4 (Lunge Break) Sd R, -, lower on R lead W bk with lead hands extend L leg sd & bk & R arm out to  
(SQQ) sd, rise on R (W sd L, -, bk R extend L arm to sd, rec L);

5-8 **RIGHT PASS ; FWD BREAK ; BACK SHOULDER TO SHOULDER 2X ; ;**  
SQQ 5 (Right Pass) Sd & fwd L to COH trng RF raise lead hands, XLIB of R cont RF trn, rec L  
(W fwd R to wall, -, fwd L under lead hands, fwd R trng LF fc M); end LOP fc ptr & WALL  
SQQ 6 (Fwd Break) Sd R, -, fwd L, rec R (W sd L, -, bk R, rec L); blend to BFLY  
SQQ 7 (Bk Shoulder to Shoulder 2X) Sd L, -, XRIB BFLY/SCAR, rec L (W sd R, -, XLIF, rec R);  
SQQ 8 Sd R, -, XLIB BFLY/BJO, rec R (W sd L, -, XRIF, rec L);

9-12 **AIDA ; AIDA LINE & HIP ROCK 2 ; SWIVEL FACE SPOT TURN ; FENCE LINE ;**  
SQQ 9 (Aida) Release lead hands sd L trng LF to OP LOD, -, fwd R trng RF, sd L cont RF trn;  
SQQ 10 (Aida Line & Hip Rock 2) Bk R to Aida Line sweep trailing arm up & bk, -, rk fwd L sweep arms  
fwd, rec R sweep arm bk;  
SQQ 11 (Swiv fc & Spot Turn) Fwd L sharp LF swivel point R to sd, -, XRIF trng LF, fwd L trn LF fc ptrn;  
SQQ 12 (Fence Line) Blend to BFLY sd R, -, XLIF, rec R;

13-16 **START FAN ; HOCKEY STICK ; ; HIP LIFT ;**  
SQQ 13 (Start Fan) Sd L bring arms down to low BFLY, -, bk R, rec L trng body LF to lead W to LOD  
(W sd R, -, fwd L, rec R trng body LF);  
SQQ 14 (Hockey Stick) Sd R, -, fwd L, rec R (W bk L to Fan, -, cl R, fwd L);  
SQQ 15 Cl L raise lead hand, -, XRIB, rec L bring lead hands down leading W to trn LF  
(W fwd R under lead hands, -, fwd L, fwd R trng LF fc M);  
SQQ 16 (Hip Lift) Sd R blending to CP touch lead foot under body on ball of foot, -,  
straighten leg to lift L hip, lower hip;

Part B

- 1-4 **TURNING BASIC ; FWD BREAK ENDING ; LEFT PASS ; NEW YORKER ;**  
 SQQ 1 (Turning Basic) Sd L body trn RF, -, trng LF slip pvt action bk R, sd & fwd L trn LF fc COH  
 (W sd & fwd R body trn RF look rght, -trn LF el head fwd L, sd & bk R trn LF);  
 SQQ 2 (Fwd Break) Sd R release trailing arm hold, -, fwd L, rec R(W sd L, bk R, rec L); end LOP COH  
 SQQ 3 (Left Pass Sd & fwd L trng RF to SCAR DRW, -, rec bk R trng LF, sd & fwd L trng LF  
 (W Sd & fwd R trn RF back to man. -, sd & fwd L to COH trng LF, bk R);  
 SQQ 4 (New Yorker) Sd R trng RF, -, fwd L, rec R;

- 5-8 **CRAB WALKS ; ; SPOT TURN ; LUNGE BREAK ;**  
 SQQ 5 (Crab Walks) Fc ptrn in BFLY sd L, -, XRIF, sd L;  
 SQQ 6 XRIF, -, sd L, XRIF;  
 SQQ 7 (Spot Turn) Sd L trng slight LF, -, thru R trng LF fc RLOD, fwd L trng LF fc ptrn;  
 S-- 8 (Lunge Break) Join lead hands sd R, -, lower on R lead W bk with lead hands extend L leg  
 (SQQ) sd & bk & R arm out to sd, rise on R(W sd L, bk R extend L arm to sd, rec I.);

- 9-12 **DOUBLE HAND OPENING OUT 3X ; ; ; OPEN BREAK ;**  
 S-- 9 (Opening Out 3X) Small sd L with body rise comm LF rotation to LOD, -, lower on L extend  
 (SQQ) R leg bk & sd, rise on L fc Wall  
 (W sd R with body rise comm LF trn, -, XLIB lowering, rec R trng to fc ptrn);  
 S-- 10 Cl R to L with body rise RF rotation to RLOD, -, lower on R extend L leg bk & sd, ris on R fc Wall  
 (SQQ) (W sd L with body rise comm RF trn, -, XRIB lowering, rec L trng to fc ptrn);  
 S-- 11 Cl L to R with body rise LF rotation to LOD, -, lower on L extend R leg bk & sd, rise on L fc Wall  
 (SQQ) (W sd R with body rise comm LF trn, -, XLIB lowering, rec R trng to fc ptrn);  
 SQQ 12 Sd R, -, break aprt L extend trailing arm out to side, rec R;

- 12-16 **UNDERARM TURN ; BREAK BK 1/2 OPEN ; SWITCH & WALK REV ;**  
**SWITCH & WALK LOD FC ;**  
 SQQ 13 (Underarm Turn) sd L raise lead hands, -, bk R, rec L  
 (W sd R trng RF, -, thru L under lead hands trng RF, fwd R trng to fc ptrn);  
 SQQ 14 (Break Bk 1/2 OP) Sd R trng LF, -, bk L to 1/2 OP Pos, rec fwd R fc LOD;  
 SQQ 15 (Switch & Walk Rev) Fwd L trng 1/2 RF to L 1/2 OP RLOD, -, fwd R, fwd L;  
 SQQ 16 (Switch & Walk LOD) Fwd R trng 1/2 LF to 1/2 OP LOD, -, fwd L, fwd R; Blend to CP

ENDING

- 1 - 4 **BK BASIC ; SD & EXPLODE APART ; REC BFLY TCH ; TIME STEP ;**  
 SQQ 1 (Bk Basic) On "Love" sd L in CP, -, bk R, rec L;  
 SS 2 (Sd & Explode Apt) On "It's Love" sd R low BFLY, -, on "My" trn LF to OP LOD sd L sweep  
 lead arms up & out to sd, -;  
 S- 3 (Rec Tch) On "Foolish" rec R trng RF to fc ptrn, -, touch L to R & join lead hands BFLY, -;  
 SQQ 4 (Time Step) On "Heart" sd L bring arms in to chest, -, XRIB extend arms to sd, rec L bring arms in;

- 5 - 9 **TIME STEP BFLY ; SD DRAW LEFT & RIGHT ; VINE 8 ; ; PROM OVERSWAY ;**  
 SQQ 5 (Time Step) Sd R bring arms to chest, -, XLIB extend arms to sd, rec R bring arms in to low BFLY;  
 SS 6 (Sd Draw L & R) Sd L, draw R to L no weight, sd R, draw L to R no weight;  
 QQQQ 7 (Vine 8) On quick notes sd L, XRIB, sd L, XRIF;  
 QQQQ 8 Sd L, XRIB, sd L, XRIF to SCP;  
 S 9 (Prom Oversway) Sd & fwd L lowering and rotating LF to oversway line woman's head well to left, -;