

Beat of Your Heart

Slow Two Step - Phase V+1 by Randy & Marie Preskitt

Intro:

Open Pos facing Partner/ Wall, Lead Ft Free / Wait 2 Measures;;
Lunge Basics with Arms;;

Part A:

Basics;; Travelling Right Turn with Outside Roll;;
Side Basic; Open Break to a Handshake;
Trade Places with Underarm; Rudolph Ronde Lariat;
Outside Roll; Basic Ending; 2 Open Basics;;
2 Switches;; 2 Switches Again;; Side Basics;
Sweetheart Wrap ~ Lady Trans ~ *Left Foot*;

Part B:

Sweetheart Run 6;; Sweetheart Switch; Lady Across;
Shadow Lunge Basic; Shadow Lunge ~ Lady Trans to Face;
Basics;; Left Turn to Bfly; Break Back with Lady Head Loop;
Underarm Turn to Stacked Hands; Open Break;
Change Sides Under Stacked Hands; Lunge Basic;
Underarm Turn; Basic Ending;

Part C:

Triple Traveler;;; with Tunnel Exit to Reverse; Outside Roll;
Basic Ending; Underarm Turn; Basic Ending Picking Up;
3 Travelling Cross Chasses;;;
Passing Travelling Cross Chasse; Pull Pass;
Lady Ronde Inside Underarm Wrap Shadow Lunge;; Slow Rocks;

Part B:

Ending:

Triple Traveler;;; with Tunnel Exit to Reverse; Outside Roll;
Basic Ending; Side to Hinge; Extend the Arms;