

KEEP ME IN YOUR HEART

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Music: Keep Me in Your Heart Artist: Jinder Album: Crumbs of Comfort Available for download as a single at Amazon

Download: [Amazon.com: Crumbs of Comfort \(Deluxe Edition\) : Jinder: Digital Music](https://www.amazon.com/Crumbs-of-Comfort-Deluxe-Edition/dp/B000002384)

YouTube: [YouTube Keep Me in Your Heart](https://www.youtube.com/watch?v=Uj8v8v8v8v8)

Time: As downloaded 3:24 Recommended speed: 48.5 in Dancemaster

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

Rhythm: Bolero Phase: IV + 2 (Cuddles, Half Moon) Difficulty: Average

Sequence: INTRO, A, B, A (1-8), INTER, C, A (9-14), END

INTRO

1-2 (CP/WALL) WAIT;;

--- (1-2) {CP/WALL wait 2 meas} in CP fcg WALL lead foot free wait 2 meas;;

PART A

1-4 TRNG BAS ½ (HNDCHK); OP BRK; TRADE PLCS (2X) JOIN LD HNDK;;

SQQ (1) {TRNG BAS 1/2} Sd & fwd L w/ slight RF upper body trn, -, trng LF bk R w/ slip piv action, sd & fwd L to fc COH join R hnds;

SQQ (2) {OP BRK} Sd & fwd R, -, sm apt L, fwd R;

SQQ SQQ (3-4) {TRADE PLCS} Pull by ptr releasing R hand hold passing R shoulders fwd L twd WALL trng ½ RF (LF), -, joining L hands apart R extending R arm out to sd, fwd L; Pull by ptr releasing L hand hold passing L shoulders fwd R twd COH trng ½ LF (RF), -, join ld hands aprt L extending R (L) arm out to sd, rec R;

5-8 RT SD PASS; REV UNDRM TRN TO WRAP; BOL WK 6;;

SQQ (5) {RT SD PASS} Fwd L w/slight RF trn raise ld hnds to create window, -, XRib of L trn RF, fwd L to fc WALL in BFLY (Fwd R look at ptr thru window, -, fwd L trn LF, bk R trng LF und jnd hnds to BFLY);

SQQ (6) {REV UNDRM TRN TO WRAP} Sd R, -, XLif leading W to trn LF und ld hnds, rec R keeping trl hnds jnd to wrap pos LOD(Sd L, -, XRif trng LF, sd & fwd L);

SQQ SQQ (7-8) {BOL WK 6} In wrapped pos fwd L, -, fwd R, fwd L; fwd R, -, fwd L, fwd R;

9-12 THE SQUARE 1/2;; BRK BK TO L ½ OP TO FC PTNR; BRK BK TO ½ OP;

SQQ SQQ (9-10) {THE SQUARE 1/2} Like a switch sd L crossing IF of W, -, trng RF sd R twd COH in L ½ OP, XLIF of R (Fwd R, -, sd L twd COH, XRIF of L starting to XIF of M); Fwd R, -, sd L twd RLOD, XRIF of L to BFLY/COH (Like a switch sd L crossing IF of M, -, trng RF sd R twd RLOD in ½ OP, XLIF of R to BFLY);

SQQ (11) {BKR BK TO L ½ OP} Sd L, -, bk R to L ½ OP LOD, fwd L to fc ptrn;

SQQ (12) {BKR BK TO ½ OP} Sd R, -, bk L to ½ OP RLOD, fwd R;

13-16 THE SQUARE 1/2;; BRK BK TO L ½ OP TO FC PTNR; BRK BK TO ½ OP TO FC PTNR;

SQQ SQQ (13-14) {THE SQUARE 1/2} Like a switch sd L crossing IF of W, -, trng RF sd R twd WALL in L ½ OP, XLIF of R (Fwd R, -, sd L twd WALL, XRIF of L starting to XIF of M); Fwd R, -, sd L twd LOD, XRIF to BFLY (Like a switch sd L crossing IF of M, -, trng RF sd R twd LOD in ½ OP, XLIF of R to BFLY);

- SQQ (15) **{BKR BK TO L ½ OP}** Sd L, -, bk R to L ½ OP RLOD, fwd L to fc;
 SQQ (16) **{BKR BK TO ½ OP}** Sd R, -, bk L to ½ OP LOD, fwd R;

PART B

- 1-4 DBL HAND OP OUT (3X);; LUNGE BRK;**
 S--S--S-- (1-3) **{DBL HAND OP OUT}** Blending to BFLY cl L trng LF, -, lower on L extending R ft to sd & shaping to ptr, rise rotating back to BFLY WALL (Sd & bk R rotating LF, -, XLib lowering, fwd R to BFLY); Maintaining BFLY cl R trng RF, -, lower on R extending L ft to sd & shaping to ptr, rise rotating back to BFLY WALL (Sd & bk L rotating RF, -, XRib lowering, fwd L to BFLY); cl L trng LF, -, lower on L extending R ft to sd & shaping to ptr, rise rotating back to BFLY WALL (Sd & bk R rotating LF, -, XLib lowering, fwd R to BFLY);
 S— (4) **{LUNGE BRK}** Sd & fwd R, -, lower on R extending L sd & slightly bk, rise on R bringing lady fwd (Sd & bk L, -, bk R contra ck sit line, rec fwd L);
- 5-8 AIDA to SWITCH REC;; UNDRM TRN (CP/WALL); HIP LIFT;**
 SQQ SQQ (5-6) **{AIDA}** Sd L, -, thru R, sd L to fc (Sd R, -, thru L, sd R); Bk R to “v” bk to bk pos, -, bk L trng LF (RF) to fc, rec R BFLY;
 SQQ (7) **{UNDRM TRN}** Sd L, -, XRib leading W to trn RF und ld hnds, fwd L (Trng RF sd & fwd R, -, fwd L cont RF trn, sd & fwd R to fc ptr);
 S--- (8) **{HIP LIFT}** Sd R bringing L to R, -, w/ slight pressure to straighten leg lift L (R) hip, relax leg with bent knee to lower hip;
- 9-10 CUDDLES (2X);;**
 SQQ SQQ 9-10 **{CUDDLES}** Sm sd L, -, leading W to open out sd R shape to ptr, rec L to CP (Sd R, -, trng LF bk & sd L shaping to ptr, rec R trng RF); Sm sd R, -, leading W to open out sd L shape to ptr, rec R to CP (Sd L, -, trng RF bk & sd R shaping to ptr, rec L trng LF);

REPEAT PART A (1-8)**INTER**

- 1-3 FWD TO UNDRM TRN; RT LUNGE & RK 2; CORTE & REC;**
 SQQ (1) **{FWD TO UNDRM TRN}** Fwd L, -, releasing trl hnds fwd R leading W to trn RF und ld hnds, rec L trng RF to fc ptr and wall (fwd R, -, fwd L under joint ld hnds trng ½ RF, rec R to fc ptr);
 SQQ (2) **{RT LUNGE & RK 2}** With slight rolling action sd & fwd R softening R knee & looking twd W, -, w/ hip roll action rk bk on L, rec fwd on R (With slight rolling action sd & bk L softening L knee & looking well to L, -, w/ hip roll action rk fwd on R, rec bk on L);
 S-S- (3) **{CORTE & REC}** Sd & bk L twd DLC, -, rec R, -;

PART C

- 1-5 FENCE LN W/ARM SWEEP (2X);; L SD PASS (HND SHK); 1/2 MOON;;**
 SQQ SQQ (1-2) **{FENCE LN W/ARM SWEEP}** Sd L sweeping trailing arms up & over, -, XRif twd LOD, bk L to BFLY; Sd R sweeping ld arms up & over, -, XLif twd RLOD, bk R to BFLY;
 SQQ (3) **{L SD PASS }** Cl L leading W to trn RF, -, trng LF slip bk R, fwd L to COH to shk R hnds (Fwd R trng RF w/ bk to M, -, sd & fwd L w/ strong LF trn, bk R);

SQQ SQQ (4-5) **{1/2 MOON}** R hnds joint Sd R, -, thru L to fc LOD, bk R commencing LF trn; Sd & bk L trng LF, -, bk R w/slipping action, cont LF trn fwd L WALL (sd & fwd R, -, fwd L XIF of M trng LF, sm step sd R);

6-10 SHAD NYKR JOIN LD HNDS; START FAN; HCKY STK;; SWITCH & WK 2 (1/2 OP/LOD);

SQQ (6) **{SHAD NYKR}** R hnds joined sd R, -, thru L to fc RLOD, bk R to fc join ld hnds;
 SQQ (7) **{START FAN}** Sd L, -, bk R bringing lady fwd, fwd L (Sd & fwd R, -, fwd L, bk R trng LF);
 SQQ SQQ (8-9) **{HCKY STK}** Sd R, -, fwd L, bk R (Sm bk L to fan pos, -, cl R, fwd L); Sd L & slightly bk, -, sd & fwd R, cl L WALL (Fwd R, -, fwd L, sd R trng LF to fc M under jnd hnds);
 SQQ (10) **{SWITCH & WK 2}** Sd R trng to ½ OP, -, fwd L, fwd R to ½ OP/LOD;

REPEAT PART A (9-14)

END

1-5 QK RK 2,, X BODY; 1/2 MOON;; SHAD NYKR (CP/WALL);

QQ (.5) **{QK RK 2}** Rk L, rk R,
 SQQ (1.5) **{X BODY}** Sd & bk L trng LF, -, bk R w/slipping action, fwd L cont trn to COH (Sd & fwd R, -, fwd L Xng IF of M trng LF, sm step sd R);
 SQQ SQQ (3.5) **{1/2 MOON}** Repeat Part C meas 4-5
 SQQ (4.5) **{SHAD NYKR}** Repeat Part C meas 6
 QQ (5) **{QK RK 2}** Rk L, rk R,

6-9 TRNG BAS;; UNDRM TRN: REV UNDRM TRN;

SQQ SQQ (6-7) **{TRNG BAS}** Sd & fwd L w/ slight RF upper body trn, -, trng LF bk R w/ slip piv action, sd & fwd L to fc COH; Sd & fwd R, -, fwd L w/ contra ck action, bk R;
 SQQ (8) **{UNDRM TRN}** Sd L, -, XRib leading W to trn RF und ld hnds, fwd L (Trng RF sd & fwd R, -, fwd L cont RF trn, sd & fwd R to fc ptr);
 SQQ (9) **{REV UNDRM TRN}** Sd R, -, XlIF leading W to trn LF und ld hnds, fwd R (Trng LF sd & fwd L, -, fwd R cont LF trn, sd & fwd L to fc ptr);

10-12 CUDDLES (2X);; CUDDLE CORTE W/LEG CRAWL;

SQQ SQQ (10-11) **{CUDDLES}** repeat Part B meas 9-10 with opposite fcg direction.
 S--- (12) **{CUDDLE CORTE}** Sd & bk L twd DRW in CP with W leg crawl, -, -, -;

QUICK CUES

INTRO

WAIT;;

PART A

TRNG BAS ½ (HNDSHK); OP BRK; TRADE PLS (2X) JOIN LD HNDS;; RT SD PASS; REV UNDRM TRN TO WRAP; BOL WK 6;; THE SQUARE 1/2;; BRK BK TO L ½ OP TO FC PTNR; BRK BK TO ½ OP; THE SQUARE 1/2;; BRK BK TO L ½ OP TO FC PTNR; BRK BK TO ½ OP TO FC PTNR;

PART B

DBL HAND OP OUT (3X);; LUNGE BRK; AIDA TO SWITCH REC;; UNDRM TRN (CP/WALL); HIP LIFT; CUDDLES (2X);;

PART A (1-8)

TRNG BAS ½ (HNDSHK); OP BRK; TRADE PLS (2X) JOIN LD HNDS;; RT SD PASS; REV UNDRM TRN TO WRAP; BOL WK 6;;

INTER

FWD TO UNDRM TRN (CP); RT LUNGE & RK 2; CORTE & REC (BFLY);

PART C

FENCE LN W/ARM SWEEP (2X);; L SD PASS (HNDSHK); 1/2 MOON;; SHAD NYKR JOIN LD HNDS; START FAN; HCKY STK to FC;; SWITCH & WK 2 TO LOD;

PART A (9-14)

THE SQUARE 1/2;; BRK BK TO L ½ OP TO FC PTNR; BRK BK TO ½ OP; THE SQUARE 1/2;;

END

QK RK 2,, X BODY to HNDSHK ; 1/2 MOON;; SHAD NYKR (CP/WALL); QK RK 2,, TRNG BAS;; UNDRM TRN; REV UNDRM TRN; CUDDLES (2X);; CUDDLE CORTE W/LEG CRAWL;