



Listen To Your Heart

Choreographers	Akira & Sachiko Higashi (RD Apple) Tokyo, JAPAN	Release: 2024 October
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Music	Listen To Your Heart by Hantos Djay (3:24)	Speed: As recorded
You Tube Music	https://www.youtube.com/watch?v=6gfo1IHYYw	Footwork: Opposite Unless Noted
Rhythm & Phase	Rumba Ph 4	
Sequence	Intro A, B, Bridge, Am, B, Bridge, C, B, C, End	

INTRO

1-4 WAIT; W CARESS; STEP SIDE LADY ROLL OUT BOTH FACE WALL;

FENCE LINE WITH POINT;

- 1 {Wait 1 meas } Wrapped pos Fc WALL both right foot free wait 1 meas;
- 2 {W Caress} M hold (W soft stroking action of the man's cheek by right hand);
- 3 {Stp Sd W Roll Out bth fc Wall} sd & hold, -, -, - (W sd & fwd turn RF 1/2 R, sd & bk turn RF 1/2 L, sd fwd, -) both fc WALL;
- 4 {Fnc Line w/ Pt} strong XLIF, rec R, pt sd L, -;

5-8 FENCE LINE; SPOT TURN in 4 LADY FACE & CLOSE;

SLOW SUNBURST; CUCARACHA RIGHT;

- 5 {Fnc Line} strong XLIF, rec R, sd L, -;
- 6 {Spot Trn in 4 W trn to fc} swivel fwd turn LF 1/4 R, rec turn LF 3/4 fc partner L, sd R, cl L (W swivel fwd turn LF 1/4 R, rec turn LF 1/4 fc partner L, cl R, -) Bfly/WALL ;
- 7 {Slow Sunburst} Arms are Xif of body. Describing a circle Up to down with arms;
- 8 {Cuca R} In Low BFLY sd R, rec L, cl R, -;

PART A

1-4 BASIC TO WRAP; MAN BACK TO AIDA; SWITCH ROCK; UNDERARM TURN BFLY;

- 1 {Basic To Wrp} In BFLY fwd L, rec R, sd & fwd L, - (W bk R, rec L, step fwd R swiveling 1/2 LF on the ball of right foot, -) WRAPPED POS/WALL;
- 2 {M Bk To Aida} XRIB, bk L, bk R, - (W sd & fwd turning LF 1/2 L, bk R, bk L, -;) to "V" BK-to-BK fc RLOD;
- 3 {Swch Rk} Swivel LF on R sd L, rec R, sd L, -;
- 4 {Underarm Trn} Raising joined lead hands bk R, rec L fc partner, sd R, - (W Swiveling 1/4 RF on step fwd L turning 1/2 RF, rec R turning 1/4 RF to fc partner, sd L, -) BFLY/WALL;

5-8 CRAB WALK 3; SIDE WALK 3; REVERSE UNDERARM TURN; SHOULDER TO SHOULDER;

- 5 {Crab Walk 3} XLIF, sd R, XLIF, - ;
- 6 {Sd Walk 3} Sd R, cl L, sd R, - ;
- 7 {Rev Undrm trn} XLIF of R, rec R, sd L, - (W XRIF of L under joined lead hands comme LF trn, rec L cont LF trn to fc partner, sd R, -) Bfly BJO/WALL;
- 8 {Shldr To Shldr} Fwd R to W's right sd blend BJO, rec L to fc, sd R, - Bfly/WALL;

PART B

1-4 OPEN BREAK; FAN; HOCKEY STICK FACE WALL;;

- 1 {Op Brk } Ld hand jned Rk Apt L trail arms horizontally to the side, rec R, sd L, -;
- 2 {Fan } Bk R, rec L, sd R, - (W fwd L trn LF 1/4 fc RLOD, bk R, bk L, -);
- 3-4 {Hcky Stk Fc WALL} fwd L, rec R, cl L, -; bk R, rec L, sd & fwd R, - following the W (W cl R, fwd L, fwd R, -; fwd L, fwd R trn LF to face partner, sd L, -) Bfly/WALL;

5-9 NEW YORKER IN 4; NY; THRU SERPIENTE;; FENCE LINE WITH ARMS;

- 5 {NY In 4 } Bfly WALL ck thru L, rec R fc partne, sd L, rec R;
- 6 {NY } ck thru L, rec R fc partner, sd L, -;

- 7-8 {Thru Serp BFLY} Thru R, sd L, XRIB of L, fan CCW L on R; XLIB of R, sd R, thru L, fan CCW R on L BFLY;
 9 {Fnc Line w/Arms} Drawing circle by trl hnds ck thru R, rec L fc partner, sd R, -;

BRIDGE**1-4 HIP ROCK 2 SLOW; HAND TO HAND; ALTERNATIVE BASIC; HIP ROCK 2 SLOW;**

- 1 {Hip Rk 2 slo} step sd L rolling hip sd, -, rec R with hip roll, -;
 2 {Hnd to Hnd} swivel bk L, rec turn to fc R, sd L, -;
 3 {Alternative Bas} Step cl R, in place L, sd R, -;
 4 {Hip Rk 2 slo} Repeat measure 1 of Bridge;

PART A MODIFY**1-7 BASIC TO WRAP; MAN BK TO AIDA; SWITCH ROCK; UNDERARM TURN ; CRAB WALK 3; SD WALK 3; REVERSE UNDERARM TURN BFLY;**

- 1-7 Repeat measure 1-7 of Part A,,,,,,;

8-9 FORWARD BJO CHECK LADY DEVELOPE; SLOW OUTSIDE SWIVEL X 2;

- 8 {Fwd BJO Ck W Develope} in Bfly WALL – BJO fwd ck R, -, -, - (W ck bk L, -, L knee lift, kick L foot extend, -) BJO/WALL;
 9 {Outsd Swvl 2 Slow} Rk bk L leadg W fwd to swvl RF, -, rec fwd R leadg W to trn LF, - (W stp fwd R outsd ptr swvl RF to SCP DLW, -, thru L trng LF, -) end in Bfly/WALL;

PART B → BRIDGE**PART C****1-4 MERENGE 4; FULL TURN CHASE CHANGE HANDS BEHIDE BACK; RIGHT HANDS UNDERARM TURN; SHADOW BREAK BACK TO FACE LOD;**

- 1 {Merengue 4} With inside edge of foot step sd L, cl R, sd L, cl R;
 2 {Full Trn Chs chng hnds bhd bk} fwd L trng ½ RF to change behind bk R SHKHND, rec R trng ½ RF to fc ptr, bk L, - (W rk bk R, rec L, fwd R, -) ;
 3 {R Hnds Undrm Trn} In Join R hnds bk R, rec L, sd R, - (W fwd L under joined right hands comme RF trn, rec R cont RF trn to fc partner, sd L, -);
 4 {Shdw Brk Bk fc LOD} R foot swivel LF 1/4 bk L, rec R, fwd L, - end in Men's L SHDW/ LOD;

5-9 MAN ROLL ACROSS; LADY ROLL ACROSS; SHADOW NY IN 4; SLOW CROSS SWIVEL x2 & CHECK; BOTH ROLL 3 TO RLOD;

- 5 {M Roll Across} fwd R starting RF trn across W, sd & Bk L comp RF trn, fwd R, - (W sm fwd L, fwd R, fwd L, -) to LOD left SHDW;
 6 {W Roll Across} Fwd L, fwd R, fwd L, - (W fwd R starting RF trn across Man, sd & bk L comp RF trn, fwd R, -) to LOD M's Left SHADOW;
 7 {Shadow NY In 4} right hnds jnd - Thru R to LOD left SHDW, rec L to fc ptnr, sd R, rec L, - end keeping R HNDSHK;
 8 {Slo X Swvl x2 & Ck} With R hnd sd R leading W twd LOD trng LF, -, rec L leading W twd RLOD trng RF, - (W XLif swivel LF 1/8, -, XRif swivel RF 1/8 ck, -);
 9 {Both Roll 3 to RLOD} Sd & fwd to RLOD R trng 1/2 RF, sd & bk L trng 1/2 RF, sd R to BFLY/ WALL, -;

PART B → PART C**ENDING 3****1-3 AIDA TO RLOD; SWITCH ROCK TO WRAP; LADY CARESS;**

- 1 {Aida To RLOD} Ld hand jnd Fwd L leading W to RLOD trng LF, sd R cont LF trn, bk L, - to "V" bk-to-bk pos;
 2 {Swch Rk To Wrp} Trng RF to fc ptr sd R ckg bringing jnd hnds thru, rec L, sd R, - (W Trng LF to fc ptr sd L ckg bringing jnd hnds thru, rec R, sd turn LF 1/2 wrap L, -);
 3 {W Caress} Repeat measure 2 of INTRO;

Listen to Your Heart Head Cues

Rumba ph4

Coreo: Higashi

Wrapped pos Fc WALL both right foot free Wait 1 Meas

INTRO

Wait 1; W Caress; Step Sd W Roll Out Bth Fc WALL; Fnc Line w/Pt; Fnc Line; Spt Trn In 4
W Fc & Cl; Slo Sunburst BFLY; Cuca R;

PART A

Bas To Wrp; M Bk To Aida; Swch Rk; Undrm Trn; Crab Wlk 3; Sd Wlk 3;
Rev Undrm Trn BFLY; Shldr To Shldr;

PART B

Op Brk; Fan; Hky Stk Fc WALL;; NY In 4; NY; Thru Serp;; Fnc Line w/Arms;

BRIDGE

Hip Rk 2 Slo; Hnd To Hnd; Alternative Bas; Hip Rk 2 Slo;

PART A modify

Basic To Wrap; M Bk To Aida; Switch Rock; Undrm Trn; Crab Walk 3; Sd Walk 3;
Rev Undrm Trn BFLY;
(mod) Fwd BJO Ck W Develope; Slow Outsd Swvl x2;

PART B

Op Brk; Fan; Hky Stk Fc WALL;; NY In 4; NY; Thru Serp;; Fnc Line w/Arms;

BRIDGE

Hip Rk 2 Slo; Hnd To Hnd; Alternative Bas; Hip Rk 2 Slo;

PART C

Merengue 4; Full Trn Chs Chng hnds Bhd Bk; R-hnds Undrm Trn; Shdw Brk Bk Fc LOD; M
Roll Acrs; W Roll Acrs; Shdw NY In 4; Slo X swvl x2 & Ck; Bth Roll 3 to RLOD BFLY;

PART B

Op Brk; Fan; Hky Stk Fc WALL;; NY In 4; NY; Thru Serp;; Fnc Line w/Arms;

PART C

Merengue 4; Full Trn Chs Chng hnds Bhd Bk; R-hnds Undrm Trn; Shdw Brk Bk Fc LOD; M
Roll Acrs; W Roll Acrs; Shdw NY In 4; Slo X swvl x2 & Ck; Bth Roll 3 to RLOD BFLY;

END

Aida To RLOD; Swch Rk To Wrp; W Caress;