

# MY HEART WILL GO ON

Choreograph: Takao & Setsuko Ito 4-2-43 Honcho Odawara-shi Kanagawa  
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 Music : "My Heart Will Go On" Youtube Ballroom Dance Music  
 CD: Top 12 Rumba Movie Music track 4 time 3:04  
 Rhythm : Rumba ph III+1 (Aida) Speed: As on CD  
 Footwork : Opposite, directions for man (lady as noted) Date: MAY 2025 Ver.1.0  
 Sequence : Intro - A - B - Int - A(1-8) - Bmod - End



## Meas

### INTRO

1~ 8 **Low Bfly/Wall lead foot free for both Wait 2 meas;; Slow Sunburst;; Fence Line; Crab Walks;; Fence Line(Bfly/Wall);**

- 1- 2 Low Bfly/Wall lead foot free for both wait 2 meas;;
- 3- 4 {Slow Sunburst} Slowly both hands straight up, -, -, -;  
Both arms out to sd, -, arms down, -;
- 5 {Fence Line} Ck XLIF of R, rec R, sd L, -;
- 6- 7 {Crab Walks} XRIF of L, sd L, XRIF of L, -; Sd L, XRIF of L, sd L, -;
- 8 {Fence Line} Ck XRIF of L, rec L, sd R, -;

## Meas

### PART A

1~ 8 **New Yorker; Underarm Trn; Hand to Hand Twice;; Break to OP; Aida; Rk 3 Swivel Fc; Spot Trn(Bfly/Wall);**

- 1 {New Yorker} LOP/LOD ck thru L, rec R fc partner, sd L, -;
- 2 {Underarm Trn} Bk R, rec L, sd R(W XLIF comme RF turn under lead hand, cont RF trn rec R, sd L), -;
- 3- 4 {Hand to Hand Twice} Swivel LF on R bk L to OP fc LOD, rec R swivel RF on R fc partner, sd L, -; Swivel RF on L bk R to LOP fc RLOD, rec L swivel LF on L fc partner, sd R, -;
- 5 {Break to OP} Swivel LF on R bk L to OP fc LOD, rec R, fwd L, -;
- 6 {Aida} Fwd R comme RF trn, cont RF trn sd L, cont trn fc RLOD bk R, -;
- 7 {Rk 3 Swivel Fc} Rk fwd L, rec R, fwd L swivel LF fc partner and Wall, -;
- 8 {Spot Trn} XRIF of L comme LF trn, cont LF trn rec L fc partner, sd R Bfly/COH, -;

9~16 **1/2 Basic; Whip fc COH; Shoulder to Shoulder Twice;; OP Break; Whip fc Wall; Time Step Twice;;**

- 9 {1/2 Basic} Fwd L, rec R, sd L, -;
- 10 {Whip} Bk R comme LF trn, rec fwd L cont LF trn fc COH, sd R(W fwd L outsd man on his left sd, fwd R 1/2 LF trn, sd L) Bfly/COH, -;
- 11-12 {Shoulder to Shoulder Twice} Fwd L to Bfly/Scar, rec R to fc, sd L, -; Fwd R to Bfly/Bjo, rec L to fc, sd R, -;
- 13 {OP Break} Rk apt L trail hands straight up, rec R, sd L to Bfly, -;
- 14 {Whip} Bk R comme LF trn, rec fwd L cont LF trn fc Wall, sd R(W fwd L outsd man on his left sd, fwd R 1/2 LF trn, sd L) Bfly/Wall, -;
- 15-16 {Time Step Twice} Release joined hands XLIB of R extend arms, rec R, sd L, -; XRIB of L extend arms, rec L, sd R, -;

## Meas

### PART B

1~ 8 **Chase;;; 1/2 Basic; Underarm Trn; Lariat;;**

- 1- 4 {Chase} Fwd L 1/2 RF trn fc COH, rec R, fwd L(W bk R, rec L, fwd R), -; Fwd R 1/2 LF trn fc Wall, rec L, fwd R(W fwd L 1/2 RF trn, rec R, fwd L) Tandem/Wall, -; Fwd L, rec R, bk L(W fwd R 1/2 LF trn fc COH, rec L, fwd R), -; Bk R, rec L, fwd R(W fwd L, rec R, bk L) blend Bfly, -;
- 5 {1/2 Basic} Bfly/Wall fwd L, rec R, sd L, -;
- 6 {Underarm Trn} Bk R, rec L, sd R(W XLIF comme RF turn under lead hand, cont RF trn rec R, sd L), -;
- 7- 8 {Lariat} Sd L, rec R, cl L to R(W circle man CW with joined lead hands fwd R, L, R), -; Sd R, rec L, cl R to L(W cont circle man CW with joined lead hands fwd L, R, L) Bfly/Wall, -;

9~16 **Chase w/Underarm Pass;(Bfly/COH); Thru Serpiente;; Fence Line; Cucaracha w/Arms; Chase w/Underarm Pass;(Bfly/Wall);**

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- 9-10 {Chase w/Underarm Pass} Lead hands joined fwd L 1/2 RF trn, rec R fc COH, fwd L (W bk R, rec L, fwd R), -; Still lead hands joined bk R, rec L, sd R (W fwd L raise joined lead hands, fwd R 1/2 LF trn under lead hands fc partner & Wall, sd L) Bfly/COH, -;
- 11-12 {Thru Serpiente} Thru L, sd R, XLIB of R, fan CW R on L; XRIB of L, sd L, thru R, fan CW R on L;
- 13 {Fence Line} Ck XLIF of R, rec R, sd L, -;
- 14 {Cucaracha w/Arms} Sd R arms sd, rec L arms up, cl R arms down Bfly/COH, -;
- 15-16 Repeat meas 9-10 of Part B start Bfly/COH end Bfly/Wall;;

**Meas**

### INTERLUDE

**1~ 4 Fence Line; Crab Walks;; Fence Line(Bfly/Wall);**

1- 4 Repeat meas 5-8 of Introduction;;;:

**Meas**

### PART Bmod

**1~ 8 Chase;;; 1/2 Basic; Underarm Trn; Lariat;;**

**9~16 Chase w/Underarm Pass;(Bfly/COH); Thru Serpiente;; Fence Line; Cucaracha w/Arms; Chase w/Underarm Pass; W Overtrn in 4(Tandem/Wall);**

1-14 Repeat meas 1-14 of Part B;;;;;;:

- QQS 15-16 {Chase w/Underarm Pass W Overtrn Tandem} Lead hands joined fwd L 1/2 RF trn, rec R fc Wall, fwd L (W bk R, rec L, fwd R), -; Still lead hands joined bk R, rec L, fwd R, L (W fwd L raise joined lead hands, fwd R 1/2 LF trn under lead hands, release joined hands cont LF trn L, R) Tandem/Wall no hands joined;

**Meas**

### ENDING

**1~ 2 Cl & Sunburst;, Cuddle Embrace;**

1- 2 {Cl & Sunburst} Cl R to L, -, both hands straight up, -; Catch W's lists both arms out to sd, -, both arms W's front of body, -;

## MY HEART WILL GO ON RUMBA

Rhythm: Rumba ph III+1 (Aida)

Sequence: Intro - A - B - INT - A(1-8) - Bmod - End

**INTRO** 1~ 8 Low Bfly/Wall lead foot free for both Wait 2 meas;; Slow Sunburst;; Fence Line; Crab Walks;; Fence Line(Bfly/Wall);

**PART A** 1~ 8 New Yorker; Underarm Trn; Hand to Hand Twice;; Break to OP; Aida; Rk 3 Swivel Fc; Spot Trn(Bfly/Wall);

9~16 1/2 Basic; Whip fc COH; Shoulder to Shoulder Twice;; OP Break; Whip fc Wall; Time Step Twice;;

**PART B** 1~ 8 Chase;;; 1/2 Basic; Underarm Trn; Lariat;;

9~16 Chase w/Underarm Pass;(Bfly/COH); Thru Serpiente;; Fence Line; Cucaracha w/Arms; Chase w/Underarm Pass;(Bfly/Wall);

**INTER** 1~ 4 Fence Line; Crab Walks;; Fence Line(Bfly/Wall);

**PART A** 1~ 8 New Yorker; Underarm Trn; Hand to Hand Twice;; Break to OP; Aida; Rk 3 Swivel Fc; Spot Trn(Bfly/Wall);

**Bmod** 1~ 8 Chase;;; 1/2 Basic; Underarm Trn; Lariat;;

9~16 Chase w/Underarm Pass;(Bfly/COH); Thru Serpiente;; Fence Line; Cucaracha w/Arms; Chase w/Underarm Pass; W Overtrn in 4 Tandem;

**END** 1~ 2 Cl & Sunburst;, Cuddle Embrace;