

There Must Be A Heart

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MUSIC: "Where There's A Heartache (There Must Be A Heart)" Astrud Gilberto With Stanley Turrentine

ALBUM: Astrud Gilberto With Stanley Turrentine Track 10 Available Amazon Time 3:11 Slow to 43.5

RHYTHM: Waltz PHASE IV + 1 (Curved Feather)

FOOTWORK: Opposite unless otherwise noted (Woman's steps in Parentheses)

SEQUENCE: INTRO A, INT 1, B, INT 2, C, INT 3, A, INT 4, B, INT 5, C, END Released: 9/7/2026

INTRODUCTION

1-4 LOPN DLW WAIT 2;; TWIRL VINE TO SCP; PICKUP;

- 1-2 {Wait 2} LOPN DLW Wait 2;;
- 3 {Twirl Vine} Sd L, XRIB, sd L (Sd R commencing RF trn, fwd & sd L continue RF trn, bk & sd R) to SCP;
- 4 {Pickup} Thru R, Fwd L, Cl R (Thru L, Fwd R trng to Fc Ptnr, Cl L) CP DLC;

PART A

1-4 CLOSED TELEMAR; CURVED FEATHER; OPEN IMPETUS; PICKUP;

- 1 {Cl Tele} Fwd L to CP comm LF trn, sd R cont trn, sd & fwd L (W bk R comm Lf trn, cl L for heel trn, bk & sd R) to BJO/ DLW;
- 2 {Curved Feather} Fwd R, Fwd L, Fwd L trng ¼ RF BJO DRW;
- 3 {Op Imp} Comm RF upper body trn bk L, cl R [heel turn] cont 3/8 RF trn, complete trn fwd L in tight SCP/DLC (comm RF upper body trn fwd R betwn M's feet heel to toe pivoting 1/2 RF, sd & fwd L cont trn arnd M brush R to L, complete trn fwd R;) SCP DLC;
- 4 {Pickup} Thru R, Fwd L, Cl R (Thru L, Fwd R trng to Fc Ptnr, Cl L) CP DLC;

5-8 REVERSE FALLAWAY; SLIP & CHASSE BJO; MANEUVER; HESITATION CHANGE;

- 5 {Reverse Fallaway} Fwd L turn LF, bk R with L sd lead to Fallaway position, XLIB of R Semi DRW (Bk R, bk L to Fallaway position XRIB of L Semi DRW;)
- 6 {Slip & Chasse Bjo} Turning LF slip R past L toeing in with small step bk on R to CP Wall, sd R/close L, sd R ending Bjo DLW; (Continue LF turn slip L back past R on toe turning to fc ptr & COH, sd R/close L, sd R end in Bjo;)
- 7 {Manuv} Fwd right commence RF upper body trn, continue RF trn to fc ptr sd L, cl R (Bk L commence RF upper body trn, continue RF trn to fc ptr sd R, cl L) CP RLC;
- 8 {Hesitation Change} Commence RF upper body trn bk L, sd R cont RF trn, draw L to R;

INTERLUDE 2

1-2 SWAY L; SWAY R;

- 1 {Sway L} Bend R knee sd L with knee bend start with trl ft drawing slgtly twd ld ft straighten L knee keep L stretch;
- 2 {Sway R} Bend L knee sd R with knee bend start sway with ld ft drawing slgtly twd trl ft straighten R knee keep R sd stretch;

PART B

1-4 OPEN TELEMAR; NATL HOVER FALLAWAY; SLIP PIVOT BJO; MANEUVER;

- 1 {Op Tel} Fwd L comm LF trn, sd R cont trn, sd & fwd L (W bk R comm Lf trn, cl L for heel trn, sd & fwd R) to SCP/DLW;
- 2 {Natl Hover Fallaway} Fwd R with RF trn, fwd L trng RF w/ rise, rec bk R;
- 3 {Slip Pivot} Bk L, bk R commence LF trn [keeping lft leg extended], fwd & sd L (Bk R commence LF trn pivot on ball of foot [thighs locked lft leg extended], fwd L complete lft trn placing lft ft near man's rt ft, bk & sd R) BJO/DLW;
- 4 {Manuv} Fwd right commence RF upper body trn, continue RF trn to fc ptr sd L, cl R;

5-8 OPEN IMPETUS; WEAVE BJO;; FWD, FC, CLOSE;

- 5 {Op Imp} Comm RF upper body trn bk L, cl R [heel turn] cont 3/8 RF trn, complete trn fwd L in tight SCP/DLC (comm RF upper body trn fwd R betwn M's feet heel to toe pivoting 1/2 RF, sd & fwd L cont trn arnd M brush R to L, complete trn fwd R;) SCP DLC; 1/2 RF, sd & fwd L cont trn arnd M brush R to L, complete trn fwd R;);
- 6-7 {Weave To Bjo} Fwd R DLC, fwd L commence LF trn, continue trn sd & slightly bk R to fc DRC (Fwd L DLC commence LF trn, continue trn sd & slightly bk R to fc DRW, continue trn sd & fwd L LOD;); bk L LOD leading W to stp outsd to BJO, bk R continue LF trn, sd & fwd L DLW to banjo position preparing to step outsd ptr (fwd R LOD outside ptr to BJO, Fwd L LOD continue trn, sd & slightly bk R DLW to banjo position;);
- 8 {Fwd, Fc, CL} Fwd R commence RF trn, continue RF trn Fwd L, Cl R CP DLW;

INTERLUDE 2

1-4 CANTER TWICE;

- 1-2 {Canter 2X} Sd L, draw R to L, cl R; Sd L, draw R to L, cl R;

PART C

1-4 HOVER TELEMARK; IN & OUT RUNS;; FWD HOVER BJO;

- 1 {Hover Tel} Fwd L, diag sd & fwd R rising slightly [hovering] w/body trng 1/8 RF, fwd L small step on toes (Bk R, diag sd & bk L w/hovering action and body trng 1/8 RF, fwd R small step on toes) SCP;
- 2-3 {In & Out Runs} Fwd R starting RF trn, sd & bk DLW on L to CP, bk R with rt sd leading to BJO; bk L trng RF, sd & fwd R bet W's feet continuing RF trn, fwd L (Fwd L, fwd R bet M's feet, fwd L outside ptr with lft sd leading to BJO; fwd R starting RF trn, fwd & sd L continuing trn, fwd R) SCP DLC;

5-8 SLOW OUTSIDE SWIVEL; PICKUP; OPEN REVERSE; OPEN FINISH;

- 5 {Slow Outside Swivel} Bk L in BJO, XRIF of L with no weight, - (Fwd R in BJO, swivel RF on ball of rt foot ending in SCP, -);
- 6 {Pickup} Thru R, Fwd L, Cl R (Thru L, Fwd R trng to Fc Ptr, Cl L) CP DLC;
- 7 {Open Rev} Fwd L trng LF 1/4, cont LF trn sd R, bk L (In CP bk R trng lft 1/4, cont LF trn sd L, fwd R) BJO DRW;
- 8 {Open Finish} Bk R trng LF, sd & fwd L, fwd R outside ptr (Fwd L trng LF, sd & bk R, bk L) BJO DLW;

9-13 CHANGE OF DIRECTION; DIAMOND TURN;;;

- 9 {Change Of Direction} Fwd L trng LF ¼, fwd R; draw tch L;
- 10-13 {Diamond Turn} Fwd L trng LF on the diagonal, continuing LF trn sd R, bk L with the ptr outside the man in BJO; staying in BJO & trng LF stp bk R, sd L, fwd R outside ptr in BJO (Bk R trng LF on the diagonal, continuing LF trn sd L, fwd R outside ptr; fwd L trng LF, sd R, bk L;); Fwd L trng LF on the diagonal, continuing LF trn sd R, bk L with the ptr outside the man in BJO; staying in BJO & trng LF stp bk R, sd L, fwd R outside ptr in BJO (Bk R trng LF on the diagonal, continuing LF trn sd L, fwd R outside ptr; fwd L trng LF, sd R, bk L;);

14-18 DRAG HESITATION; BK, BK/LK, BK; OPEN IMPETUS; WEAVE BJO;;

- 14 {Drag Hesitation} Fwd L comm LF trn, cont trn Bk R BJO, Draw L to R;
- 15 {Bk, Bk/Lk/ Bk} Bk L, Bk R/XLIF R, Bk R;
- 16 {Op Imp} Comm RF upper body trn bk L, cl R [heel turn] cont 3/8 RF trn, complete trn fwd L in tight SCP/DLC (comm RF upper body trn fwd R betwn M's feet heel to toe pivoting 1/2 RF, sd & fwd L cont trn arnd M brush R to L, complete trn fwd R;) SCP DLC;
- 17-18 {Weave To Bjo} Fwd R DLC, fwd L commence LF trn, continue trn sd & slightly bk R to fc DRC (Fwd L DLC commence LF trn, continue trn sd & slightly bk R to fc DRW, continue trn sd & fwd L LOD;); bk L LOD leading W to stp outsd to BJO, bk R continue LF trn, sd & fwd L DLW to banjo position preparing to step outsd ptr (fwd R LOD outside ptr to BJO, Fwd L LOD continue trn, sd & slightly bk R) BJO DLW;

18-21 FWD, FWD/LK, FWD; OPEN NATURAL; BK, BK/LK, BK; HESITATION CHANGE;

- 18 {Fwd, Fwd/Lk, Fwd} Fwd R, fwd L/Lk RIB, fwd L;
- 19 {Op Nat} Comm RF upper body trn fwd R heel to toe, sd L across LOD, cont slight RF upper body trn bk R leading ptr to step outside the M with rt sd (Comm RF upper body trn bk L, -, sd R across LOD cont trn, fwd L outside ptr with lft sd) BJO RLOD
- 20 {Bk, Bk/Lk/ Bk} Bk L, Bk R/XLIF R, Bk R;
- 21 {Hesitation Change} Commence RF upper body trn bk L, sd R cont RF trn, draw L to R;.

INTERLUDE 3

1-4 DIAMOND TURN;;;

- 1-4 {Diamond Turn} Fwd L trng LF on the diagonal, continuing LF trn sd R, bk L with the ptr outside the man in BJO; staying in BJO & trng LF stp bk R, sd L, fwd R outside ptr in BJO (Bk R trng LF on the diagonal, continuing LF trn sd L, fwd R outside ptr; fwd L trng LF, sd R, bk L;); Fwd L trng LF on the diagonal, continuing LF trn sd R, bk L with the ptr outside the man in BJO; staying in BJO & trng LF stp bk R, sd L, fwd R outside ptr in BJO (Bk R trng LF on the diagonal, continuing LF trn sd L, fwd R outside ptr; fwd L trng LF,

INTERLUDE 4

1-4 DIP & HOLD; RECOVER, TOUCH;

- 1 {Dip} Bk L take full weight with the knee relaxed or slightly bent with slight body twist keeping R leg extended with the knee and ankle forming a straight line from the hip and the toe remaining on the floor, -, -;
- 2 {Rec Tch} Fwd R, Tch L, -;

INTERLUDE 5

1-2 BALANCE LEFT; BALANCE RIGHT;

- 1-2 {Bal L & R} Sd L, with slight rise, XRIB, rec L; Sd R with slight rise XLIB, rec R;

END

1-4 OPEN REVERSE; HOVER CORTE; BK WHISK; THRU TO OVERSWAY;

- 1 {Open Rev} Fwd L trng LF 1/4, cont LF trn sd R, bk L (In CP bk R trng lft 1/4, cont LF trn sd L, fwd R) BJO DRW;
- 2 {Hover Corte} Bk R, bk & sd L w rise trn LF, bk R BJK DLW; (W Fwd L, fwd & sd R w rise trng LF, fwd L BJO;)
- 3 {Bk Whisk} Bk L, Bk R; XLBH R SCP DLC;
- 4 {Thru To Oversway} Thru R, Sd L relaxing lft knee leaving rt leg extended & stretching lft sd of body & looking at ptr, (Sd R relaxing rt knee leaving lft leg extended & stretching rt sd looking well to the lft,), -;

THERE MUST BE A HEART

HEAD CUES

INTRO

LOPN DLW WAIT 2;; TWIRL VINE 3; PICKUP;

PART A

CLOSED TELEMAR; CURVED FEATHER; OPEN IMPETUS; PICKUP;

REVERSE FALLAWAY; SLIP & CHASSE BJO; MANEUVER; HESITATION CHANGE;

INTERLUDE 1

SWAY L; SWAY R;

PART B

OPEN TELEMAR; NAUTRAL HOVER FALLAWAY; SLIP PIVOT BJO; MANEUVER;

OPEN IMPETUS; WEAVE BJO;; FWD, FC, CL;

INTERLUDE 2

CANTER TWICE;;

PART C

HOVER TELEMAR; IN & OUT RUNS;; FWD HOVER BJO;

OUTSIDE SWIVEL SCP; PICKUP; OPEN REVERSE; OPEN FINISH;

CHANGE OF DIRECTION; DIAMOND TURN;;;

DRAG HESITATION; BK, BK/LK, BK; IMPETUS SCP; WEAVE BJO;;

FWD FWD/LK, FWD; OPEN NATURAL; BK, BK/LK, BK; HESITAITON CHANGE;

INTERLUDE 3

DIAMOND TURN;;;

PART A

CLOSED TELEMAR; CURVED FEATHER; OPEN IMPETUS; PICKUP;

REVERSE FALLAWAY; SLIP & CHASSE BJO; MANEUVER; HESITATION CHANGE;

INTERLUDE 4

DIP BACK & HOLD; RECOVER, TOUCH;

PART B

TELEMAR SCP; NATURAL HOVER FALLAWAY; SLIP PIVOT BJO; MANEUVER;

OPEN IMPETUS; WEAVE BJO;; FWD, FC, CL;

INTERLUDE 5

BALANCE L & R;;

PART C

HOVER TELEMAR; IN & OUT RUNS;; FWD HOVER BJO;

OUTSIDE SWIVEL SCP; PICKUP; OPEN REVERSE; OPEN FINISH;

CHANGE OF DIRECTION; DIAMOND TURN;;;

DRAG HESITATION; BK, BK/LK, BK; IMPETUS SCP; WEAVE BJO;;

FWD, FWD/LK FWD; OPEN NATURAL; BK, BK/LK, BK; HESITAITON CHANGE;

END

OPEN REVERSE; HOVER CORTE; BK WHISK; THRU TO AN OVERSWAY;