

Western Dance Number — Heaven Help My Heart

By Wynonna Judd

Time	Counts	Lyrics	Steps	Stage Position
Intro		Short sound effect before down beat		F—Circle bending low with elbow on knee.
:00	8		hold	
	8		hold	
	8		lift hats into circle	
	8		Stand. Everyone circles. L—lift hats, F- hats on chest	stand
		Verse 1		
:21	8	Two smiling faces	2 ct- put hats on 6 ct- hands to chin (left hands), hold	
	8	That's how it used to be	8 ct- one complete revolve (counter-clockwise) around each other moving to corners.	Move to corners
	4		L turn F into spoon dance position	
:35	8	What once was forever Is now a	6 cts- Shadow front and back, no travel 2 cts-Left arm caress	
	8	faded memory	2 cts-right arm caress 2-cts pull open hold 4 cts- audience arm opens to wide sweep	
	6		4 cts— cross body turn 2 cts- hold	
:45	8	The perfect illusion For a	8 ct- 4 sets Hands	F steps back first.
	8	while I guess it was	2 cts- sweetheart position 6 cts- 2 sets travel forward 2-step	Travel to next position.
	8	Without explanation	9-cts for around the world	

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	4	the bloom fell off the rose	L drops low, pushes F into Spin for 4 counts	
		Chorus		
1:03	4	Heaven help my	Hold facing partner, sweep arms over head	L on outside, F on inside. Both face each other.
	8	heart, 'Cause it's a	2 cts-Place arms over heart 2 cts- into Sweetheart 4 cts- two-step forward	
	8	lot like me	8 cts continue 2-step (i.e., 1 1/2 sets toward middle, 1 1/2 set back, 3 counts for F to form middle of star.	Center star
1:13	8	I'm wondering when this all will end and I'll	Star 2-step for 12 cts.	Full rotation
	8	find the love I need	4 cts—star continues. 4 cts.—leader peels off to right.	center
1:22	8	I know it's out there somewhere, Somehow I	16-cts - Grand. L hand, R hand, L hand turn, R hand, L hand, R hand turn.	
	8	still believe		
1:31	8	So I'm asking please Heaven help my	2 cts-F face center and bend like opening position. L explode out. Hold 2 cts-- F come up and stand facing L 4 cts- sweep hands over head to heart.	
	8	heart.	4 cts- into shadow 4 cts - shadow	
	8		Shadow to corner UL	Move to UL corner to small bunch
1:38	8			

Time	Counts	Lyrics	Steps	Stage Position
		Verse 2		
1:46	8	This world can get crazy	Everyone is hunched over. 2-step—1 set forward, 1 set downstage, 1 set back, 1 set upstage, 1 set back (i.e., 5 sets of 3 counts = 15 counts) Hold 3 cts.	L face F along diagonal in corner
	8	These are troubled times	Continue	
	4		2-step in place. 3 people are to jump up radomly on the piano notes. One of the jumpers is the F who moves to center.	
1:56	8	I'd walk through fire if	Lead Soloist—stands up, pushes way through group, pulls up one member, looks in each other eyes. Group—Even count steps for “fire”—L- left, right rock step using fire arms. F—right, left, rock step using fire arm. FOR—1, 2 rock step, 1, 2, drop to knee,	Solo couple in center stage.
	8	love is what I'd find	L dips F Group-- fire arms, point to couple.	
	4		Walk into straight line.	Walk to straight line across stage. Each couple faces each other.
2:09	8	It's out of my hands so I	Macarena	
	8	put my faith in you	8 cts – left hands on face revolve, right hand behind back in fist	
2:18	8	And I say a little prayer and	2 cts- prayer hands lean cascade	
	4	hope that it comes true, and	Run to corners to repeat Chorus	

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		Chorus — REPEAT		
2:15	4	Heaven help my	Hold facing partner, sweep arms over head	
	8	heart, 'Cause it's a	2 cts-Place arms over heart 2 cts- into Sweetheart 4 cts- two-step forward	
	8	lot like me	8 cts continue 2-step (i.e., 1 1/2 sets toward middle, 1 1/2 set back, 3 counts for F to form middle of star.	Move to straight line along length of center stage
2:36	8	I'm wondering when this all will end and I'll	Star 2-step for 12 cts.	full rotation
	8	find the love I need	4 cts—star continues. 4 cts.—leader peals off to right.	center
2:45	8	I know it's out there somewhere, Somehow I	16-cts - Grand. L hand, R hand, L hand turn, R hand, L hand, R hand turn.	
	8	still believe		
2:55	8	So I'm asking please Heaven help my	2 cts-F face center and bend like opening position. L explode out. Hold 2 cts-- F come up and stand facing L 4 cts- sweep hands over head to heart.	Adjust for twist
	30	heart. [Heaven won't you help/ Give me a sign/Heaven won't you help me]	1 couple stand, 3 couples drop to knee/sit - 1 st couple does 6 ct. twist - 1 st couple does 6 ct. wave	Diamond arrangement. 1 st couple upstage center. 2 nd set of couples along center line. 3 rd couple downstage center.

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			2 nd & 3 rd couple does twist - 1 st and 2 nd /3 rd couple does wave 4 th couple does twist. - all couples do wave. - F spin to front line, L spin to back line	
		Instrumental/Guitar solo	— Line dance sequence —	
3:17	8		[Tush Push] r-heel, heel, l-heel, heel, r-heel, l-heel, r-hell-hitch-fall	
	8		[Walk the Line] Walk forward l, r, l dip take edge of hat 1/2 turns upstage r, l on count full turn r in one count to face audience	Toward audience Upstage Finish facing audience
	8		[M-Bop] 2-cts-Step L feet together clap 2 cts- Step L feet together clap 4 cts- R grape vine hops	Move stage R only a little
	4		Hat Cascade	
		Chorus - Spectacular Shadow		
3:34	4	Heaven help my	2 cts- continue cascade.	
	8	heart, 'Cause it's a	24 cts- shadow travel —front, back, front, turn right, back, front, back, front adjust facing audience (for wiggles)	Moving along line of dance 1/2 turn of circle.

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	8	lot like me	Cont.	
3:46	8	I'm wondering when this all will end and I'll	Cont.	
	8	find the love I need	4 cts- wiggle down 4 cts- wiggle up	Face audience
3:54	8	I know it's out there somewhere, Somehow I	24 cts—arms overhead shadow— front (3), back (3), front (3), around the world (6), walk to line (6), shoulder roll (3)	Travel 1/4 circle, then walk to back line.
	8	still believe	Cont.	
4:04	8	So I'm asking please Heaven help my	Cont.	Into line facing audience
	8	heart. [Heaven help my heart]	In shadow position lifting arms- 4 cts- walks toward center 4 cts – walks from center to front line	<u>Hour glass</u> walk to downstage
4:19	8		8 cts- 2 2/3 shadow straight backwards to upstage in cuddle	Move from downstage to upstage
	8		2 cts- F –r spin stop hand toward L 2 cts – L –r spin to F. 2 cts – both spin toward audience take hat 2 cts – step, step hold	
	8	Yeah	2 cts – hat to chest. 2 cts - extended hat toward audience. 4 cts – move hat to head.	Line across front
		Begin Fade Out	Reverse Bloom	
4:26	8		peel off edges walking holding hat out back to center horseshoe.	To center opening circle
	8		4 ct – revolve around self and down in semi-circle open to	Stand dropping to bending low with elbow on knee.

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			audience hat over chest.	
	4	fade	Hold	