

# Heart and Soul

**COPPER** KNOB  
STEPPERS

**Count:** 32

**Wall:** 4

**Level:** Beginner / Improver

**Choreographer:** Paul Lipinski (USA) - January 2004

**Music:** Heart and Soul - The Four Aces



**Intro : 16 count, 9 sec.**

**S1: □ Point Step x2, Fwd Rock-Recover, Shuffle 1/4 Turn**

1-4 Point R, Step Fwd, Point L, Step Fwd  
5-6 Rock Fwd on the R, Recover on the L  
7&8 Shuffle 1/4 turn R (stepping R, L, R) 3:00

**S2: □ Point Step x2, Fwd Rock-Recover, Shuffle 1/4 Turn**

1-4 Point L, Step Fwd, Point R, Step Fwd  
5-6 Rock Fwd on the L, Recover on the R  
7&8 Shuffle 1/4 turn L (stepping L, R, L) 12:00

**S3: □ Weave, Cross Rock-Recover, Shuffle 1/4 Turn**

1-4 Cross R over L, Step L to L, Cross R behind L, Step L to L  
5-6 Cross Rock R over L, Recover on L  
7&8 Shuffle 1/4 turn R (stepping R, L, R) 3:00

**S4: □ Paddle 1/8 x2, Fwd Rock-Recover, Coaster**

1-4 Step L Fwd turn 1/8 R (Wt. R), Step L Fwd turn 1/8 R (Wt. R) 6:00  
5-6 Rock Fwd L, Recover R  
7&8 Step L back, Step R next to L, Step L Fwd

**Repeat**

**Tag: Occurs on the 5th wall [facing front]**

**T1: □ Point Step Fwd x2, Point Step Back x2**

1-4 Point R, Step Fwd, Point L, Step Fwd  
5-8 Point R, Step Back, Point L, Step Back

**Ending: Occurs on 7th wall (facing front)**

**Execute S1: and add**

**E2: □ Cross Rock-Recover, Shuffle 1/4 Turn, Point, Hold**

1-2 Cross rock L over R, Recover R  
3&4 Shuffle 1/4 turn L (stepping L, R, L)  
5-6 Point R, Hold

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