

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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