

Soul With A Capital S

Count: 0

Wall: 1

Level: Intermediate

Choreographer: The Lady In Black (UK) & Rob Fowler (ES)

Music: Soul With a Capital "S" - Tower Of Power



Sequence: AB AB ABB, TAG, BAB

PART A

TOUCH & TOUCH & TAP, TAP, SIDE, RIGHT KNEE IN, OUT CROSS ¼ TURN

- 1&2& Touch right next to left, step right in place, touch left next to right, left in place
3&4 Tap right next to left twice, touch right out to right side
5-6 Turn right knee in, turn right knee out
7&8 Cross right over left, step back on left, make ¼ turn right step right to side

ROCK RECOVER FULL TRIPLE TURN LEFT ROCK RECOVER SLIDE TOGETHER

- 9-10 Rock left over right, recover back onto right
11&12 Make ¼ turn left step forward left, make ½ turn left back onto right, make ¼ turn left step left to left side
13-14 Rock right over left, recover back onto left
15-16 Take long step right, slide left to right (put weight onto left)

BRUSH, OUT, HOLD, & CROSS UNWIND HITCH HOLD & HEEL

- 17-18 Brush right foot next to left, step right out to right side
19&20 Hold, step left next to right, cross right over left
21-22 Unwind ½ turn left, hitch left knee
23&24& Hold, step left next to right, touch right heel forward, step right in place

SWITCH STEPS, COASTER STEP, STEP KICK, FLICK, TOUCH FORWARD SWING

- 25&26 Touch left heel forward, step left next to right, touch right heel forward
27&28 Right coaster step back, right left right
29&30 Step forward left, kick right foot forward, make ¼ turn left flick right heel back
31&32 Touch right toe forward, swing both heels out, then both heels in

TOUCH, BEHIND, TOUCH, IN FRONT, STEP RIGHT SIDE, CLAP, BEND KNEE RAISE ARMS

- 33&34 Touch right to right side, hook right foot behind left, touch to right side

On count 33&, 34& touch right heel with left hand

- &35-36 Hook right in front of left, step right to right side, clap

On count 35&, 36& touch right heel with left hand

- 37-38 Bend knees twice as you raise right arm forward, left arm back twice
39-40 Bend knees twice as you raise left arm forward, right arm back twice

BOX STEP, STEP FORWARD ½ TURN MAKE ½ TURN LEFT TOUCH LEFT TO LEFT SIDE

- 41-42 Right cross over left, step back left
43-44 Step right to right side, step forward left
45-46 Step forward right, make ½ turn left
47-48 Make ½ turn left, touch right to right side, hold

SAILOR ¼ TURN MAKE ¼ TURN TOUCH, HALF TURN TOUCH, SWITCH STEP FULL MONTEREY HOLD

- 49&50 Cross right foot behind left, making ¼ turn right step left to left side, step right to right side
51-52 Turn ¼ right touch left to left side, ½ turn right touch left to left side
&53 Step left next to right, touch right to right side
54-55-56 Make full turn right stepping right next to left, touch left to left side, hold

HEEL JACKS STEP ½ TURN, ½ TURN DRAG TOUCH, KICK TOUCH SIT & UP

- 57&58& Cross left over right, step back right, touch left heel diagonally forward, step left next to right
59&60& Cross right over left, step back left, touch right heel diagonally forward, step right next to left
61-62 Step forward left make ½ turn right
63-64 Make ½ turn right step long step back left, touch right next to left
- 65&66 Kick right foot forward, step back on right, touch left toe forward
67-68 Sit on back leg (right) stand up

PART B

JUMP FORWARD HANDS UP, JUMP BACK HANDS DOWN, MAKE ¼ TURN LEFT X 4

- &1-2 Step forward right, step left shoulder width apart, raise hands forward
Hands should be in air on count 1 and keep there for count 2
&3-4 Step back right, make ¼ turn left step left to left side, take hands down
&5-6- Step forward right, step left should width apart, raise hands forward
&7-8 Step back right, make ¼ turn left step left to left side, take hands down
&9-10 Step forward right, step left should width apart, raise hands forward
&11-12 Step back right, make ¼ turn left step left to left side, take hands down
&13-14 Step forward right, step left should width apart, raise hands forward
&15-16 Step back right, make ¼ turn left step left to left side, take hands down

APPLEJACKS & PIGEON TOES

- 17&18& Swivel right toe right & left heel right, recover, repeat opposite way
19&20 Swivel right toe right & left heel right, swivel left toe right & right heel right, swivel right toe right left heel to right
21-22 Swivel right toe left & left heel left, swivel right toe right, left heel right
23&24 Swivel right toe left & left heel left, swivel right heel left & swivel left toe left, swivel right toe left & left heel left

CROSS RIGHT OVER LEFT STEP BACK LEFT MAKE 1.¼ TURN RIGHT, MAKE ¼ TURN RIGHT SQUAT, PUMP CHEST

- 25-26 Cross right over left, step back on left
27&28 Make 1.¼ triple turn right, stepping right, left, right
29-30 Make ¼ turn right stepping left to left side in squat position step right next to left
31&32 Push chest forward, back, forward

KICK & CROSS ROCK STEP, BEHIND SIDE CROSS TWICE

- 33&34 Kick right foot diagonally right, step right next to left, cross left over right
35-36 Rock right to right side, recover to left
37&38 Cross right behind left, step left to left side, cross right over left
39&40 Kick left foot diagonally left, step left next to right cross right over left
41-42 Rock left to left side, recover to right
43&44 Cross left behind right, step right to right side, cross left over right

TAG

- 1-2-3-4 Step right slightly forward roll right knee twice to the right, step left diagonally left roll left knee twice to the left
5-6-7-8 Step right slightly forward roll right knee twice to the right, step left diagonally left roll left knee twice to the left
9-10 Step right slightly forward roll right knee twice to the right
11-12 Squat left to left side, step right together
13&14 Push chest forward, back, forward
15&16 Kick right foot diagonally right, step right next to left, cross left over right
17-18 Rock right to right side, recover to left

19&20 Cross right behind left, step left to left side, cross right over left
21&22 Kick left foot diagonally left, step left next to right cross right over left
23-24 Rock left to left side, recover to right
25&26 Cross left behind right, step right to right side, cross left over right
