

Heart & Soul

Count: 32

Wall: 4

Level: Improver

Choreographer: Ingrid Kan (TW) - June 2011

Music: Rolling in the Deep - Adele



Starts after 8 Counts - No restart, no tag

Side Shuffle Step R, Rock Back, Recover, Side Shuffle Step L, Rock Back, Recover

1&2 Step R foot to R side, Step together with L, Step R foot to R side
3-4 Rock back with L foot, Recover weight forward to R foot
5&6 Step L foot to L side, Step together with R, Step L foot to L side
7-8 Rock back with R foot, Recover weight forward to L foot

Heel (or Touch)Forward, Hook, Heel(or Touch)Forward, Flick, R COASTER.(Repeat LF 5-8)

1&2& R Heel (or Touch)Forward , Hook ,R Heel (or Touch)Forward, Flick
3&4 Step right back, close left next to right, right step forward
5&6& R Heel (or Touch)Forward , Hook ,R Heel (or Touch)Forward, Flick
7&8 Step right back, close left next to right, right step forward

Rock Chair , Back Rock Recover, Side Shuffle

1-4 R Cross Rock L Back Recover R Side Rock L Recover
5-6 R Back Cross Rock L, L Recover
7&8 Step RF To the right, LF close to RF, RF step To the right

L Shuffle turn L 1/4, 1/2, L Coaster, R Rock L Recover

1&2 ¼ Turn left & step LF forward, RF close to LF, LF step forward
3&4 Step RF forward, 1/2Turn left, LF close to RF, LF step forward
5&6 LF step back, RF step back together, LF step forward
7-8 RF Rock, Recover (weight on LF)

Have fun !
