

# 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 !**

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