

Heart and Soul

COPPER KNOB
STEPSHEETS

Count: 60

Wall: 4

Level: Beginner - Country

Choreographer: Nathalie Lagache (FR) - July 2012

Music: Heart and Soul - Wolfstone



Part 1 [1 – 8] L Rocking chair , Step Pivot ½ Turn, Cha Cha Cha

- 1-2 Rock fwd on L, recover onto R
- 3-4 Rock back on L, recover onto R
- 5-6 Step L fwd, pivot ½ turn to the right (6:00)
- 7&8 On Place, LRL

Part 2 [9 – 16] R Rocking chair , Step Pivot ½ Turn, Cha Cha Cha

- 1-2 Rock fwd on R, recover onto L
- 3-4 Rock back on R, recover onto L
- 5-6 Step R fd, pivot ½ turn to the left (12:00)
- 7&8 On place, RLR

Part 3 [17 - 24] L Vine, R Sweep , Side, Cross, Cross Shuffle

- 1-2 L on the left, R behind L,
- 3-4 L on the left, touch R next to L & right sweep
- 5-6 R on the R, L behind R
- &7-8 Cross L beside R, shuffle on the right

Part 4 [25 – 32] Step L Flick , Recover,R Hook, Recover, Pivot ¼ turn, Heel Switches

- 1-2 R fwd, Left flick (touch hat with right hand)
- 3-4 Recover onto L, Right Hook
- 5-6 R fwd, Pivot ¼ turn to the left (9:00)
- 7&8& Right heel fwd, recover weight onto R, left heel fwd, recover weight onto L (R& L hands up)

Part 5 [33 – 40] & Sect 6 [41 - 48] Heel Strut, Together & Step, Scuff, Point x2, Sailor Step

- 1-2 R heel fwd, recover on R ball
- &3-4 L next to R (&), R fwd, L scuff
- 5-6 L point on the left, L point on the left side
- 7&8 L behind R, R on the right side, L on the left side

Part 7 [49 – 56] Step, Touch, recover, Ball, Heel, Touch & Heel swivel, Heel Switches

- 1-2 R fwd, touch L behind R
- &3-4 Reconver onto L (&), R next to L, left Heel fwd
- 5&6 Touch left toe fwd (5) swivel heel out (&), swivel heel on place(6)
- 7&8 R heel fwd, recover on R, L heel fwd

Part 8 [57 – 60] Touch x2, Cross Shuffle

- 1&2 Touch with R behind L, touch with L
- &3&4 Recover onto L (&), Cross R over L, shuffle to the left

Contact: <http://libres-choregraphes.Jimdo.com>