

# Heart and Soul

**COPPER** KNOB  
BY SHEETS

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Sandy Kerrigan (AUS) - August 2020

Musique: That's My Goal - Shayne Ward : (iTunes)



**Dance Info: Dance starts wt on L – Dance Starts on lyrics – BPM [137:3] Track Length 3:36**  
There are 3 restarts: Note Below.

## **Ball Cross, Weave to L Side, Sweep Step Across, Side Rock Step, Step Back with Sweep, Behind, ¼ Fwd, Step Fwd 3:00**

& 1 Step Back on Ball of R, Cross L over R (travels slightly to R side) Sweeping R  
2 & 3 & 4 Cross R over L, Step L to L, Cross/Step R Behind L, Step L to L, Step R Across L  
5 6 & Sweep L to Cross over R, Rock R to R Side, Replace to L Side (quick)  
7 8 & 1 Step Back on R-Sweeping L, Cross L Behind R, Turning ¼ R-Step Fwd on R, Step Fwd L

## **Step Fwd, Fwd Rock Step, Step Back, Coaster Step, ½ Turn Back, ¼ Turn Step Side 12:00**

2 3 4 & Step Fwd on R, Rock Fwd L, Replace Back to R, Quick Step Back on L  
5 & 6 Step Back on R, Step L next to R, Step Fwd R  
7 8 Turning R-1/2 R-Step Back on L, ¼ R to 12:00-Step R to R Side

## **Ball Cross to L Side, Step Side Drag, Behind, ¼ Fwd, Step Fwd, Step Together, ½ Pivot Turn, ½ Step Turn Back, ¼ Step Side, R Cross Shuffle 6:00**

& 1 Step Back on Ball of L, Cross R over L (travels slightly to L side)  
2 3 Step L to L Side (wide) Drag R towards L, Cross/Step R Behind L  
& 4 & Turning ¼ L-Step Fwd on L, Step Fwd on R, Step L next to R  
5 6 7 Step Fwd R, ½ Pivot Turn L-wt on L, ½ Turn L-Step Back on R (small step)  
& 8 & 1 Turning ¼ L-Step L to L Side (quick)\* Cross Shuffle R over L \*\* Wall 4

**\*Walls 3 and 6 -Add R Hitch on count 8-replacing the Cross Shuffle -Restart (count 24)**

**\*\*Wall 4 after the R Cross Shuffle add on –Left Side Rock, Replace, Step L next to R (3 counts)**

## **L Side Rock with Hip, Replace to R, Cross L Behind R, ¼ R-Step Fwd, Rock Fwd, Replace With Back Sweep, Behind, Side, Cross (travel to R side) 9:00**

2 3 4 & Rock with Hip to L Side, Replace to R, Cross/Step L Behind R, Turn ¼ R-Step Fwd R (quick)  
5 6 7 Rock Fwd on L, Replace to R sweeping L Back around, 7 Cross/Step L behind R  
& 8 Step R to R Side, Cross L over R

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**Note: There are 3 restarts-Walls 3 and 6 restart at count 24-Wall 3 at 12:00-Wall 6 at 9:00**

**Wall 4 at 6:00 after adding the Left Side Rock, Replace to R, Step L to R (3 counts)**

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