

# To My Soul

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Emma Milling Karlsson (SWE) & Sarah Hedberg (SWE)

**Musique:** Country Down to My Soul - Lee Roy Parnell



---

## **RIGHT CHASSE, LEFT TOUCH, HEEL-JACK, RIGHT BACK, ½ REVERSE TURN RIGHT, LEFT KICK-BALL FORWARD**

- 1&2 Step right foot to right side, step left foot beside right, step right foot to right side  
3&4 Touch left toe beside right foot, step left foot slightly back, touch right heel diagonally forward  
5-6 Touch right toe back, make ½ turn right on both feet ending up with weight on right foot  
7&8 Kick left foot forward, step left foot beside right foot, step right foot slightly forward

## **LEFT ROCK STEP FORWARD, ½ TRIPLE TURN LEFT, TOUCH SCOOT STEP ½ TRIPLE TURN LEFT, LEFT COASTER STEP BACK**

- 1-2 Rock forward on left foot, recover onto right foot  
3&4 Make ¼ turn left stepping left to left side, step right beside left, step left ¼ turn left  
5&6 Make ¼ turn left touching right toe behind left heel, make ¼ turn left lifting right and scooting back on left, step back on right  
7&8 Step left foot back, step right foot beside left, step forward on left foot

## **RIGHT KICK, KICK 1/8 TURN, RIGHT SAILOR STEP WITH 1/8 TURN, LEFT SHUFFLE FORWARD, FULL TURN LEFT**

- 1-2 Kick right foot forward, kick right foot forward and make 1/8 turn right on ball of left foot  
3&4 Sweep right foot behind left foot and make 1/8 turn right and taking weight on right foot, step left to left side, step right foot slightly forward  
5&6 Step left foot forward, step right foot beside left, step left foot forward  
7 Make a ½ turn left on ball of left foot, stepping back onto right foot  
8 Make a ½ turn left on ball of right foot, stepping forward onto left foot

## **RIGHT KICK-BALL FORWARD, FLICK WITH ½ TURN LEFT, RIGHT SHUFFLE FORWARD, LEFT TOUCH, HEEL-JACK**

- 1&2 Kick right foot forward, step right foot beside left, step left foot slightly forward  
3-4 Touch right heel forward, flick right foot back and make a ½ turn left on ball of left foot  
5&6 Step right foot forward, step left foot beside right, step right foot forward  
7&8 Touch left toe beside right foot, step left foot slightly back, touch right heel diagonally forward

## **REPEAT**

---