

# Follow Your Soul

Compte: 48

Mur: 4

Niveau: Intermediate



Chorégraphe: Sebastiaan Holtland (NL) - July 2011

Musique: Mr. Right Now (feat. Akon) - Pitbull : (Version 2011 - 3:10)

**Start dancing after vocals on words "My Name Is" (08 Sec)**

**Sec 1: [1-8] Rock / Recover, 1/4 Turn R, Side, Knee Pop, Syncopated Elvis Knees L-R-L, Heel Flick**

- 1-2 Rock Rf forward, recover on Lf (12:00)
- 3&4 Turn 1/4 right (3) step Rf to the right, lift heels off the Floor as you pop both knees forward drop both heels to floor take weight onto Rf
- 5&6& Pop L knee in, Lf replace, pop R knee in, Rf replace
- 7&8 Pop L knee in, Lf replace, flick R heel up holding weight onto Lf (3:00)

**Sec 2: [9-16] Cross, Turn 1/4 R, Back, Back, Fwd Stomp, Down Up, Down Up, Heel Dig**

- 1-2 Cross Rf over Lf, turn 1/4 right (6) step Lf back weight onto Lf
- 3-4 Step Rf back, stomp Lf forward take weight onto both feet
- 5-6 Dip body down, coming up weight onto Rf
- 7-8 Dip body down, coming up push L heel forward (toe up) weight onto Rf (6:00)

**Sec 3: [17-24] Step Lock, Lock Step Fwd, 1/2 Pivot L, 1/4 Pivot L**

- 1-2 Step Lf forward, lock Rf behind Lf weight onto Rf (6:00)
- 3&4 Step Lf forward, lock Rf behind, step Lf forward weight onto Lf
- 5-6 Step Rf forward, turn 1/2 left (12) take weight onto Lf
- 7-8 Step Rf forward, turn 1/4 left (9) take weight onto Lf

**Sec 4: [25-32] Cross, Side, Heel Jack, Hold, 1/4 Turn R, Replace, Step Forward, Hold, Sailor Fwd**

- 1-2 Cross Rf over Lf, step Lf to the left (9:00)
- &3-4 Step Rf diagonal back, touch Lf heel diagonal forward, Hold (holding weight onto Rf)
- &5-6 Step Lf back in place slightly next to Rf, turn 1/4 right (12) step Rf forward, Hold weight onto Rf
- 7&8 Step Lf behind Rf, step Rf slightly forward, Step Lf slightly forward weight onto Lf (12)

**Restarts Here: WALL 3/6 after 32 count 1st Restart (Facing 6 o'clock) 2nd Restart (Facing 12 o'clock)**

**Sec 5: [33-40] Kick, Back, 1/4 Body Rotation R, 1/4 Body Rotation L, Replace, Hitch, 1/4 Turn R, Side, Inside Heel Grind L, 1/4 Turn L, Replace**

- 1-2 Kick Rf forward, step Rf back weight onto Rf (12:00)
- 3-4 Rotation your body 1/4 right (3) and extending your L leg (to point position), rotation your body 1/4 left (12) step Lf back in place
- &5-6 Hitch R knee up, turn 1/4 right (3) step Rf to the right, grind L heel inside to right (toes from front to right) holding weight onto Rf
- 7-8 Return 1/4 left (toes from front to left) (12) step Lf back in place take weight onto Lf

**Sec 6: [41-48] Kick, Back Touch, 1/4 Turn L, Kick Fwd, Point, Cross, 1/4 Turn R, Back, 1/4 Turn R, Big Side Step & Drag, Ball Lift**

- 1&2 Kick Rf forward, step Rf back in place, touch Lf back (12:00)
- 3&4 Turn 1/4 left (9) kick Lf forward, step Lf back in place, point Rf out to right holding weight onto Lf
- 5-6 Cross Rf over Lf, turn 1/4 right (12) step Lf back weight onto Lf
- 7&8 Turn 1/4 right (3) step Rf big to the right and drag Lf up to Rf, step Lf next to Rf on the ball, Lift R knee up (3:00)

**Start Again, Enjoy!**

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