

Hole in My Soul

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Hole in My Soul - Kaiser Chiefs : (iTunes)



Section 1: KICK BALL POINT X2, FULL R TURN, ROCK BACK ON R, RECOVER FORWARD ON L

- 1&2 Kick forward right leg. recover on ball of right, point left out to left,
3&4 Repeat 1&2, kick with left leg, point right out to right ,
5-6 Full turn to right travelling back .Make 1/2 turn over right shoulder stepping forward on R, 1/2
turn R as you step back left .
7-8 Rock back on Right, recover forward on Left . (12 o'clock)

Section 2: FULL TURN LEFT ,FORWARD RIGHT SHUFFLE ,PIVOT 1/2 TURN RIGHT, L FORWARD SHUFFLE .

- 1-2 Full turn left travelling forward, make 1/2 turn left as you go back on right, make 1/2 turn left
as you go forward on left.
3&4 Forward Right shuffle (6 o'clock)
5-6 Step forward on left , pivot 1/2 turn right weight on right .
7&8 Forward left shuffle . (6 o'clock)

Section 3: PIVOT 1/4 TURN LEFT, CROSS SHUFFLE, SYNCOPATED SIDE ROCKS STEPS X2

- 1-2 Step forward on right a Pivot 1/4 turn left .
3&4 Right cross shuffle . cross R over L , Step on L , cross R over L
5-6 Step left to left side, recover weight onto right side
& 7-8 Ball step L to R, step on R side , recover weight on side L

Section 4: 2 SIDE TOE TOUCHES R & L, 2 FORWARD HEEL SWITCHES R& L FORWARD WALK FORWARD R L .

- 1&2 Touch right toe to right, & switch to left toe point to left (weight now on right)
&3&4 step on left, Touch right heel forward, switch left heel forward
& 5&6. L ball step forward on left , step forward on right as you make 1/2 turn pivot turn left - weight
on L
7-8 Walk forward Right, Left

Re start ,Wall 2 , face 12 o'clock

Section 5: TWO DOROTHY STEPS FORWARD R.L PIVOT 1/4 TURN LEFT, R CROSS SHUFFLE ,

- 1-2 & Dorothy steps x two. Step forward on right lock left behind right, on & count replace weight
onto right .
3-4 & Step forward on left, lock right behind left on the & count replace weight onto left
5-6 Pivot a 1/4 turn left
7-8 Cross shuffle, R L R (6 o'clock)

Section 6: 1/2 HINGE TURNS X 2 CROSS SHUFFLES X 2

- 1-2 Make 1/4 turn right as you step back on left , make 1/4 turn right as you step forward on right
(12 o'clock) .
3&4 left cross shuffle. cross L over Right, step on R, cross L over R
5-6 Make a 1/2 hinge turn. Step back on right as you make 1/4 left, you make 1/4 turn left as step
forward on left - 6 o'clock
7&8 Right cross shuffle , Cross R over left ,step on left, Cross R over L

Section 7: SIDE ROCK RECOVER, BEHIND AND CROSS , STEP FORWARD X 2, STEP BACK X 2

- 1-2 Rock left to left side ,recover weight onto right
3&4 Step left behind right, step right to right, Cross L over R

5-6 Step forward R ,forward L . (optional knee rolls out)
7-8 Step Back R Back L , (6 o'clock)

Section 8: R SIDE TOGETHER ,R SIDE CHASSE, L CROSS ROCK RECOVER , LEFT 1/4 SHUFFLE TURN

1-2 Step right to R, slide L up to right (weight on left)
3&4 Right side chasse
5-6 Rock left over right on the diagonal, recover back on right
7&8 Shuffle 1/4 turn left, Shuffle forward on LRL (3 o'clock)

Re start's EASY, EVERY OTHER WALL FOR FIRST 6 WALLS . Then 64 counts all the way to end

Wall 2, 32 counts = Re start at 12 o'clock

Wall 4, 16 counts = Re start at 9 o'clock

Wall 6, 32 counts = Re start at 9 o'clock

In all 3 Re starts, Music tells you ,don't be put off ! enjoy

Optional! During intro

Get down with the kids !! jump or bounce up and down, arms in the air !!! PARTY !!!

Thank you to my lovely friends T&V for script check xx

Last Update - 24th June 2017
