

# It's My Soul

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BY STEPHEN

拍数: 32      墙数: 2  
编舞者: Nancy Rosera (USA) - May 2017  
音乐: It's My Soul - Lynn August

级数: High Beginner



**Intro: 48 ct (start on vocals)**

**Sec 1: Stomp, Hold, Sailor, Stomp, Hold, Sailor**

1 2            Stomp R, hold  
3&4          L sailor L R L  
5 6            Stomp R, hold  
7&8          L sailor L R L

**Sec 2: Rock, Recover, Behind, Side, Cross R&L**

1 2            Rock R to right, recover L  
3&4          R behind L, L to left, cross R over L  
5 6            Rock L to left, recover R  
7&8          L behind R, R to right, cross L over R

**Sec 3: Heel switches, 1/4 turn Left, 2x**

1&2&        R heel fwd, step R, L heel fwd, step L  
3 4            Fwd R, pivot 1/4 turn left  
5&6&        R heel fwd, step R, L heel fwd, step L  
7 8            Fwd R, pivot 1/4 turn left

**Sec 4: Lindy Right, Lindy Left**

1&2          Shuffle right R L R  
3 4          Rock back L, recover R  
5&6          Shuffle left L R L  
7 8          Rock back R, recover L

**Begin again:**

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