

Soul

拍数: 32 墙数: 4 级数: Improver
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音乐: Soul - Lee Brice



[1 - 8]: JAZZ BOX ¼ TURN TO RIGHT; COASTER STEP; ROCK FORWARD, BACK, SHUFFLE FORWARD

- 1 - 4 Cross right foot over left (1), step slightly back on left making ¼ turn to right (2), step right foot back (3), step left foot in place (&), step right foot slightly forward (4)
- 5 - 8 Rock forward on your left foot (5), rock back on your right (6), shuffle forward left, right, left (7 & 8)

[1 - 8]: WALK, WALK (OR PRISSY STEP FOR ATTITUDE), SHUFFLE; ROCK OUT TO LEFT MAKING ¼ TURN TO RIGHT; BEHIND, SIDE, CROSS MAKING A SLIGHT TURN TO THE RIGHT

- 1 - 4 Walk forward right, left (1-2), shuffle forward right, left, right (3&4) 5 - 8: Step right foot back making a body roll (5), touch left toe (6), step left foot making a body roll (7), touch right toe (8)
- 5-8 Rock out to the left on left foot making a ¼ turn right to back wall (5), rock back down on right foot (6), moving to the left as you step left foot behind right (7), step right foot slightly to the right (&), cross left foot over right starting to make ¼ turn to right - facing approximately 8:00 (8)

[1 - 8]: FULL TURN (& A SMIDGE) RIGHT, LEFT (NOW FACING 9:00), SHUFFLE FORWARD, KICK-BALL, CROSS, SLIDE, TOUCH TOE

- 1 - 4 Step right foot forward to about 1:00 (1), continue making a full turn back toward the 9:00 position stepping down on left (2), shuffle forward right, left, right as you finish getting to the 9:00 position (3&4)

****Variation to full turn: step right to right side (1), step left foot behind right (2), make ¼ turn to right and shuffle forward right, left, right (3&4)**

- 5 - 8 Kick left foot forward (5), step left back in place (&), cross right foot over left (6), step out wide to the right on right foot, slide right in and touch toe (7-8)

[1 - 8]: HIPS RIGHT, HIPS LEFT, CIRCLE HIPS SLOW, CIRCLE HIPS FAST 2X

- 1 - 4 Grind hips to the right (1), hold (2), grind hips to the left (3), hold (4), circle hips in a full circle either to your right or left, whichever is more comfortable for you - as your weight is center, for counts (5-6), now do the same thing again moving hips quickly in full circle 2 times to counts (7-8)

****Variation to make the last 8 counts even sexier: as you are grinding to the right & hold, bring your right arm up, then bring your left arm up as you grind to the right. Then as you are doing the hip circles, you can move your hands across your body as you bring them back down.**

REPEAT

The Restart will come after the first 8 counts of wall 4.

Note: This happens after you do the "Behind, side, cross" step on the back wall. On a normal wall, that move is making movement to the right as you go into that full turn; however, on this restart wall, be sure to keep your weight a bit more centered/grounded so as to keep your balance for starting over into the ¼ turn jazz box.