

# One Heart One Soul

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Improver  
编舞者: OliSien (BEL) - May 2021  
音乐: Heart and Soul - T'Pau



Dance info: intro 48 counts

Restart: in wall 2&4 after 24 counts, facing (6.00) on wall 6&7 just do the 24 first steps

## S 1 Heel turn ¼ R, coaster step, cross, ¼ L, ¼ L, touch right side, step down

1-2            Make ¼ turn on R heel, step LF next to RF  
3&4            Step RF back, close LF next to RF, step RF forward  
5-6            Cross LF over RF, step RF back making ¼ turn L  
7&8            Step LF to side making ¼ turn L, touch RF to R side, step RF down (9.00)

## S 2 Swivel ¼ R, ½ L ,(weight on RF) step lockstep, rock step fwd, full turn R (back)

1-2            Swivel ¼ R weight on LF, swivel ½ L weight on RF  
3&4            Step LF forward, cross RF behind LF, step LF forward  
5-6            Step RF forward, recover on LF  
7-8            ½ turn R step RF forward, ½ turn R step LF backward (12.00)

## S 3 Side rock, sailor step, cross, side, sailor step (12:00)

1-2            Step RF to side, recover on LF  
3&4            Step RF behind LF, step LF to L side, step RF to R side  
5-6            Cross LF over RF, step RF to side  
7&8            Step LF behind RF, step RF to R side, step LF to L side

Restart here on wall 2 & 4

## S 4 Step side, hold, ball side, ¼ L touch fwd, step, lock, step lock step

1-2            Step RF to R side, hold  
&3-4           Close LF next to RF(&), step on RF to R side(3), ¼ turn L touch LF forward making  
5-6            Put LF down, cross RF behind LF  
7&8            Step LF forward, cross RF behind LF, step LF forward

## S 5 Side rock, weave & cross, side rock, weave ¼ R (6.00)

1-2            Step RF to R side, recover on LF  
3&4            Step RF behind LF, step LF to L side, cross RF over LF  
5-6            Step LF to L side, recover on RF  
7&8            Step LF behind RF, step RF forward making ¼ turn R, step LF forward (3.00)

## S 6 Syncopated monterey ¼ R, step fwd R, L, syncopated monterey ½ R, step fwd R,L

1&2&           Point RF to R turn ¼ R stepping RF next to LF, point LF to L, step LF next to RF  
3-4            Step forward R - L  
5&6&           Point RF to R turn ½ R stepping RF next to LF, point LF to L, step LF next to RF  
7-8            Step forward R - L (3.00)

## S 7 Step, lock, step lock step, step, lock, step lock step

1-2            Step RF forward, cross LF behind RF  
3&4            Step RF forward, cross LF behind RF, step RF forward  
5-6            Step LF forward, cross RF behind LF  
7&8            Step LF forward, cross RF behind LF, step LF forward (3.00)

## S-8 Rock step fwd, coaster step, rock step fwd, triple turn ¾

1-2            Step RF forward, recover on LF

3&4 Step RF back, close LF next to RF, step RF forward  
5-6 Step LF forward, recover on RF  
7&8  $\frac{1}{2}$  turn L stepping LF forward, close RF next to LF ,  $\frac{1}{4}$  turn L step LF to L side (6.00)

**Enjoy the dance**

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