

# Soul Days

拍数: 64      墙数: 2      级数: Easy Intermediate  
编舞者: Urban Danielsson (SWE) - December 2022  
音乐: Soul Days (feat. Sam Moore) - Bruce Springsteen



## #16 counts intro

### Section 1: Side, hold, behind, ¼ turn, pivot ½ turn, ¼ side, behind-side-cross (think like a figure of 8)

1 – 2      Step right to right side, hold  
3&4      Step left behind of right, ¼ turn right step right forward, step left forward (3:00)  
5 – 6      Pivot ½ turn right step forward on right, ¼ turn right step left to left side (12:00)  
7&8      Step right behind of left, step left to left side, step right across in front of left

### Section 2: ¼ turn rock-recover, coaster step, rock-recover, back-lock-back

1 – 2      Rock left foot to left side, ¼ turn left recover weight onto right foot (9:00)  
3&4      Step left foot back, step right next to left, step left foot forward  
5 – 6      Rock right foot forward, recover weight onto left  
7&8      Stel right foot, back, lockstep left foot across in front of right, step right foot back

### Section 3: Modified back-lock-back, back, rock-recover, step turn ½

1 – 2      Step left back, hold  
&3-4      Lockstep right in front of left, step back on left, step back on right foot  
5 – 6      Rock left foot back, recover weight into right  
7 – 8      Step left foot forward, pivot ½ turn right and step down on right foot (3:00)

### Section 4: ¼ turn rock-recover, sailor step, step diagonal, touch, back-side-cross

1 – 2      ¼ turn right rock left foot to left side, recover weight onto right (6:00)  
3&4      Step left behind of right, step right small step to right, step left small step to left side  
5 – 6 1      / 8 turn left step right foot forward, touch left toes behind of right  
7&8      Step back on left foot, 1/8 turn right step right to right side, step left across in front of right foot (6:00)

RESTART: here on wall 2 and 5.

### Section 5: Side, together, chassé ¼ turn right, ¼ turn sway, sway, scissor step

1 – 2      Step right to right side, step left next to right  
3&4      Step right to right side, step left next to right, ¼ turn right step right forward (9:00)  
5 – 6      ¼ turn right sway left to left side, sway right to right side (12:00)  
7&8      Step left to left side, step right next to left, step left across in front of right

### Section 6: Step, touch, back, hook, step, lockstep, step-lock-step

1 – 2      1/8 turn right step right foot forward, touch left toes behind of right (1:30)  
3 – 4      Step left foot back, hook right foot of left shin  
5 – 6      Step right foot forward, lockstep left foot behind of right  
7&8      Step right foot forward, lockstep left foot behind right, step right foot forward

### Section 7: Side, touch, side touch, 3-step turn (rolling vine), touch

1 – 2      1/8 turn right step left to left side, touch right toes next to left (3:00)  
3 – 4      ¼ turn right step right to right side, touch left toes next to right (6:00)  
5 – 6      ¼ turn left step left forward, ½ turn left step right foot back (9:00)  
7 – 8      ¼ turn left step left to left side, touch right toes next to left (6:00)

### Section 8: Scissor step, hold, rock-recover, cross-side-cross

1 – 2      Step right foot to right side, step left foot next to right

- 3 – 4            Step right foot across in front of left, hold  
5 – 6            Rock left to left side, recover weight onto right foot  
7&8            Step left across in front of right, step right foot to right side, step left foot across in front of right

**Restart after 32 counts on wall 2 and 5.**

**Ending: On the last wall, you will end the dance after 32 counts and be facing 12:00**

**Enjoy the music and the dance!**

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