I Sold My Soul

拍数: 32

级数: Absolute Beginner/Beginner

编舞者: Glynn Rodgers (UK) - January 2025

音乐: Suit and Tie (Sixteen Tons) - Cooper Alan

Phrasing Restart after count 8 on wall 4.

[1-8] Heel, Close, Heel, Close, Stomp, Stomp, Pigeon Toes.

- Dig right heel forward, step right beside left. 1-2
- 3-4 Dig left heel forward, step left beside right.
- 5-6 Stomp forward right, stomp left beside right.
- 7-8 On balls of both feet, split heels apart, bring heels back to centre.

Restart here on wall 4 facing 3:00 - listen for the whistles

[9-16] Heel, Close, Heel, Close, Stomp, Stomp, Pigeon Toes.

- 1-2 Dig right heel forward, step right beside left.
- 3-4 Dig left heel forward, step left beside right.
- 5-6 Stomp forward right, stomp left beside right.
- 7-8 On balls of both feet, split heels apart, bring heels back to centre.

[17-24] Hand Bag Steps with Claps, Side, Close, Side, Close.

- Step right to right side, touch left beside right & clap hands. 1-2
- 3-4 Step left to left side, touch right beside left & clap hands.
- 5-6 Step right to right side, close left to right.
- 7-8 Step right to right side, close left to right.

[25-32] Side, Hold, ¼ Turn, Hold, Run Forward.

- Step right to right side, hold. 1-2
- 3-4 Turn 1/4 left transferring weight to left foot, hold.
- 5-8 Run forward right-left-right-left.

Optional Ending – Wall 11 starts at 9:00 where the whistles happen again. Dance the first 6 counts up to the stomps – then twist your heels to the left turning ¼ right to face 12:00.





墙数: 4