

# My Heart & Soul

COPPER KNOB  
STEPSHEETS

拍数: 62      墙数: 1      级数: Intermediate/Advanced  
编舞者: Steve Mason (UK)  
音乐: You Can't Take It With You When You Go - Rhonda Vincent



In order to keep in phrase with the music, start the dance with:

1-2      Step left foot to left side, touch right foot next to left foot

## FORWARD TOUCH, RONDE ½ TURN, STEP, ½ TRIPLE TURN, ROCK BACK, RECOVER, SHUFFLE

1-2      Touch right toes forward, sweep right foot out & around making ½ turn right stepping on to right foot

3&4      Continue turning right make ½ turn triple stepping left, right, left

5-6      Rock step back on right foot, recover weight to left foot

7&8      Step forward on right foot, close left foot to right foot, step forward on right foot

## FORWARD TOUCH, RONDE ½ TURN, STEP, ½ TRIPLE TURN, ROCK BACK, RECOVER, WALK, WALK

9-10      Touch left toes forward, sweep left foot out & around making ½ turn left stepping on to left foot

11&12      Continue turning left make ½ turn triple stepping right, left, right

13-14      Rock step back on left foot, recover weight to right foot

15&16      Step forward on left foot, step forward on right foot

## ROCK, RECOVER, ¾ TRIPLE TURN, SIDE, BEHIND, VAUDEVILLE STEP

17-18      Rock step forward on left foot, recover weight to right foot

19&20      Triple step left, right, left making ¾ turn left

21-22      Step right foot to right side, cross step left foot behind right foot

&23      Step right foot to right side, touch left heel to left diagonal

&24      Step left foot next to right foot, cross step right foot over left foot

## ¼ TURN, ¼ TURN, FORWARD SHUFFLE, ROCK, RECOVER, FULL TURN

25-26      Step back on left foot making ¼ turn right, step right to right side making ¼ turn right

27&28      Step forward on left foot, close right foot to left foot, step forward on left foot

29-30      Rock step forward on right foot, recover weight to left foot

31-32      Make a full turn back stepping right, left

### Easier option

31-32      Walk back right left

## ½ TURNING SHUFFLE, CROSS, SIDE, SAILOR STEP, CROSS BEHIND, ½ UNWINDING TURN

33&34      Make ½ turn right stepping right, left, right

35-36      Cross step left foot over right foot, step right foot to right side

37&38      Cross step left foot behind right foot, step right foot to right side, step left foot to left side

39-40      Cross step right foot behind left foot, unwind ½ turn right

## CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS TOUCH, SIDE TOUCH, ½ MONTEREY, SIDE TOUCH

41-42      Cross rock step left foot over right foot, recover weight to right foot

43&44      Step left foot to left side, step right foot beside left foot, step left foot to left side

45-46      Touch right foot over left foot, touch right foot to right side

47-48      Make ½ turn right on ball of left foot stepping right foot next to left foot, touch left foot to left side

**CROSS ROCK, RECOVER, ¼ SHUFFLE, FORWARD, FORWARD ROCK, RECOVER, ½ TURN, FORWARD**

- 49-50 Cross rock step left foot over right foot, recover weight to right foot,  
51&52 Step left foot ¼ turn left, close right foot to left foot, step forward on left foot  
53-54 Step forward on right foot, rock step forward on left foot  
55-56 Recover weight to right foot, make ½ turn left stepping forward on left foot

**FORWARD, ½ PIVOT TURN, FORWARD SHUFFLE, STEP SIDE, TOUCH**

- 57-58 Step forward on right foot, pivot ½ turn left  
59&60 Step forward on right foot, close left foot to right foot, step forward on right foot  
61-62 Step left foot to left side, touch right foot beside left foot

**REPEAT**

**FINISH**

Dance up to count 18, replace counts 19&20 (¾ triple) with a full triple turn left, then take a long step to the right on the last beat

This dance is dedicated to Catherine Sykes

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