

# Soul With A Capital S

COPPERKNOB  
BY STEPHEN

拍数: 0                      墙数: 1                      级数: Intermediate  
编舞者: The Lady In Black (UK) & Rob Fowler (ES)  
音乐: Soul With a Capital "S" - Tower Of Power



Sequence: AB AB ABB, TAG, BAB

## PART A

### TOUCH & TOUCH & TAP, TAP, SIDE, RIGHT KNEE IN, OUT CROSS ¼ TURN

1&2&                      Touch right next to left, step right in place, touch left next to right, left in place  
3&4                        Tap right next to left twice, touch right out to right side  
5-6                        Turn right knee in, turn right knee out  
7&8                        Cross right over left, step back on left, make ¼ turn right step right to side

### ROCK RECOVER FULL TRIPLE TURN LEFT ROCK RECOVER SLIDE TOGETHER

9-10                      Rock left over right, recover back onto right  
11&12                     Make ¼ turn left step forward left, make ½ turn left back onto right, make ¼ turn left step left to left side  
13-14                     Rock right over left, recover back onto left  
15-16                     Take long step right, slide left to right (put weight onto left)

### BRUSH, OUT, HOLD, & CROSS UNWIND HITCH HOLD & HEEL

17-18                     Brush right foot next to left, step right out to right side  
19&20                     Hold, step left next to right, cross right over left  
21-22                     Unwind ½ turn left, hitch left knee  
23&24&                    Hold, step left next to right, touch right heel forward, step right in place

### SWITCH STEPS, COASTER STEP, STEP KICK, FLICK, TOUCH FORWARD SWING

25&26                     Touch left heel forward, step left next to right, touch right heel forward  
27&28                     Right coaster step back, right left right  
29&30                     Step forward left, kick right foot forward, make ¼ turn left flick right heel back  
31&32                     Touch right toe forward, swing both heels out, then both heels in

### TOUCH, BEHIND, TOUCH, IN FRONT, STEP RIGHT SIDE, CLAP, BEND KNEE RAISE ARMS

33&34                     Touch right to right side, hook right foot behind left, touch to right side

#### On count 33&, 34& touch right heel with left hand

&35-36                    Hook right in front of left, step right to right side, clap

#### On count 35&, 36& touch right heel with left hand

37-38                     Bend knees twice as you raise right arm forward, left arm back twice  
39-40                     Bend knees twice as you raise left arm forward, right arm back twice

### BOX STEP, STEP FORWARD ½ TURN MAKE ½ TURN LEFT TOUCH LEFT TO LEFT SIDE

41-42                     Right cross over left, step back left  
43-44                     Step right to right side, step forward left  
45-46                     Step forward right, make ½ turn left  
47-48                     Make ½ turn left, touch right to right side, hold

### SAILOR ¼ TURN MAKE ¼ TURN TOUCH, HALF TURN TOUCH, SWITCH STEP FULL MONTEREY HOLD

49&50                     Cross right foot behind left, making ¼ turn right step left to left side, step right to right side  
51-52                     Turn ¼ right touch left to left side, ½ turn right touch left to left side  
&53                        Step left next to right, touch right to right side  
54-55-56                    Make full turn right stepping right next to left, touch left to left side, hold

## **HEEL JACKS STEP ½ TURN, ½ TURN DRAG TOUCH, KICK TOUCH SIT & UP**

- 57&58& Cross left over right, step back right, touch left heel diagonally forward, step left next to right  
59&60& Cross right over left, step back left, touch right heel diagonally forward, step right next to left  
61-62 Step forward left make ½ turn right  
63-64 Make ½ turn right step long step back left, touch right next to left
- 65&66 Kick right foot forward, step back on right, touch left toe forward  
67-68 Sit on back leg (right) stand up

## **PART B**

### **JUMP FORWARD HANDS UP, JUMP BACK HANDS DOWN, MAKE ¼ TURN LEFT X 4**

- &1-2 Step forward right, step left shoulder width apart, raise hands forward  
**Hands should be in air on count 1 and keep there for count 2**  
&3-4 Step back right, make ¼ turn left step left to left side, take hands down  
&5-6- Step forward right, step left should width apart, raise hands forward  
&7-8 Step back right, make ¼ turn left step left to left side, take hands down  
&9-10 Step forward right, step left should width apart, raise hands forward  
&11-12 Step back right, make ¼ turn left step left to left side, take hands down  
&13-14 Step forward right, step left should width apart, raise hands forward  
&15-16 Step back right, make ¼ turn left step left to left side, take hands down

### **APPLEJACKS & PIGEON TOES**

- 17&18& Swivel right toe right & left heel right, recover, repeat opposite way  
19&20 Swivel right toe right & left heel right, swivel left toe right & right heel right, swivel right toe right left heel to right  
21-22 Swivel right toe left & left heel left, swivel right toe right, left heel right  
23&24 Swivel right toe left & left heel left, swivel right heel left & swivel left toe left, swivel right toe left & left heel left

### **CROSS RIGHT OVER LEFT STEP BACK LEFT MAKE 1.¼ TURN RIGHT, MAKE ¼ TURN RIGHT SQUAT, PUMP CHEST**

- 25-26 Cross right over left, step back on left  
27&28 Make 1.¼ triple turn right, stepping right, left, right  
29-30 Make ¼ turn right stepping left to left side in squat position step right next to left  
31&32 Push chest forward, back, forward

### **KICK & CROSS ROCK STEP, BEHIND SIDE CROSS TWICE**

- 33&34 Kick right foot diagonally right, step right next to left, cross left over right  
35-36 Rock right to right side, recover to left  
37&38 Cross right behind left, step left to left side, cross right over left  
39&40 Kick left foot diagonally left, step left next to right cross right over left  
41-42 Rock left to left side, recover to right  
43&44 Cross left behind right, step right to right side, cross left over right

### **TAG**

- 1-2-3-4 Step right slightly forward roll right knee twice to the right, step left diagonally left roll left knee twice to the left  
5-6-7-8 Step right slightly forward roll right knee twice to the right, step left diagonally left roll left knee twice to the left  
9-10 Step right slightly forward roll right knee twice to the right  
11-12 Squat left to left side, step right together  
13&14 Push chest forward, back, forward  
15&16 Kick right foot diagonally right, step right next to left, cross left over right  
17-18 Rock right to right side, recover to left

19&20 Cross right behind left, step left to left side, cross right over left  
21&22 Kick left foot diagonally left, step left next to right cross right over left  
23-24 Rock left to left side, recover to right  
25&26 Cross left behind right, step right to right side, cross left over right

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