Heart & Soul

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7&8

1-2

3&4

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7&8



墙数: 2 拍数: 64 级数: Intermediate 编舞者: Gordon Timms (UK) 音乐: You're My Heart, You're My Soul - Modern Talking TWO WALKS FORWARD, KICK BALL CHANGE, ROCK & RECOVER, RIGHT COASTER STEP Walk forward right, walk forward left Low kick forward with right foot, replace weight on right, step left next to right Rock forward on right, recover on to left Step back on right, step back left next to right, step forward on right (12:00) STEP FORWARD, PIVOT ½ TURN, ½ TURNING SHUFFLE, ¼ TURN, KICK CROSS BALL CHANGE Step forward on left, pivot turn ½ turn right Turning ½ turn right again, shuffle backwards left, right, left Stepping right backwards, turning 1/4 turn left, step left to left side Low kick right foot diagonally across left, step right to right side, step left across right (9:00) SIDE, CLOSE, RIGHT CHASSE, CROSS ROCK, 1/4 TURN LEFT, SAILOR STEP Step right to right side, close left next to right Right side chasse, slide stepping right, left, right Cross rock left over right, recover on to right Turn ¼ turn left, with a sailor step, stepping left, right, left (turn on 2nd step) (6:00) FULL TURN LEFT, RIGHT FORWARD SHUFFLE, ROCK & RECOVER, LEFT COASTER STEP Stepping back on right, turn ½ turn left, turning ½ turn left, step left forward Right forward shuffle, stepping right, left, right Rock forward on left foot, recover back on to right Step back on left foot, step right next to left, step forward on left (6:00) Restart here at 12:00 wall and at 6:00 wall POINT TOUCH, SAILOR STEP IN SITU, POINT TOUCH, SAILOR STEP WITH 1/4 TURN LEFT Point right toe in front of left foot, point right toe out to right side Step right foot behind left, step left to left side, step right next to left Point left toe in front of right foot, point left toe out to left side Turn ¼ turn left, with a sailor step, stepping left, right, left (turn on 2nd step) (3:00) ROCK & RECOVER, THREE 1/4 TURNING TRIPLE STEP, ROCK & RECOVER, LEFT COASTER CROSS Rock forward on the right foot, recover on to left Turning right execute a ¾ turn with a triple step, right, left, right Rock forward on the left, recover on to right Step back on the left, step right next to left, cross step left over right (12:00) SIDE ROCK & RECOVER, CROSSING RIGHT SHUFFLE, 1/4 TURN TWICE, KICK BALL CHANGE Rock right foot out to right side, recover on to left Crossing right shuffle, stepping right, left right Stepping back on left, turn 1/4 right, turning 1/4 turn right, step forward on right Low kick left foot forward, step left next to right, step right foot forward (6:00)

SIDE ROCK & RECOVER, KICK CROSS BALL CHANGE, ROCK & RECOVER, LEFT COASTER STEP 1-2 Rock left foot out to left side, recover on to right

3&4 Low kick left foot diagonally across right, step left to left side, step right across left 5-6 Rock forward on left, recover on to right

7&8 Step back on left, step right next to left, step left forward (6:00)

REPEAT

RESTART

The first time you start the dance at the 6:00 wall, dance through 32 counts to 12:00, and restart Next time you start the dance at the 12:00 wall, dance through 32 counts to 6:00, and restart