

# Mates of Soul

COPPER KNOB  
STEP SHEETS

拍數: 64      牆數: 2      級數: Advanced  
編舞者: Guillaume Richard (FR), Niels Poulsen (DK) & Gary O'Reilly (IRE) - April 2018  
音樂: The Mates of Soul - Taylor John Williams : (Remastered - iTunes)



**Intro: Start on the 2nd «Honey» (1 second into track !!!). Start with weight on L foot.**

**\*\*2 Restarts:**

**\*1st: On wall 2 (starts at 6:00), do the first 32 counts and add an &-count stepping L next to R to Restart the dance facing 12:00**

**\*2nd: On wall 6 (starts at 6:00). Do the first 16 counts and Restart the dance facing 6:00**

## **[1 – 9] Monterey Turn, Sweep, Weave, Hitch, Behind ball Step, Kick Ball Step**

1 – 3      Point R to R side (1), Turn 1/2 R stepping R next to L (2), sweep L from back to front (3) 6:00  
4&5      Cross L over R (4), Step R to R side (&), Cross L behind R(5) 6:00  
6&7      Sweep or Hitch R from front to back (6), cross R behind L (&), Step L to side 6:00  
8&1      Kick R fwd going up on ball of L (8), Step R down and next to L (&), Step L fwd (1) 6:00

## **[10 – 16] Shorty George, Rock Step, Together, 1/2 turn Step, Triple Full Turn, Together, Back R**

2&3 – 4      Step R fwd (2), Step L fwd (&), Rock R fwd (3), Recover on L (4) 6:00  
&5      Step R next to L (&), Turn 1/2 L stepping LF fwd (5) 12:00  
6&7      Turn 1/2 L stepping back R (6), Turn 1/2 L stepping L fwd (&), Step R fwd (7) 12:00  
8&      Step L next to R (8), Step back R (&) \* 2nd restart here, on wall 6, facing 6:00 12:00

## **[17 – 24] Big step back L, Drag, Ball Step, ¼ L Side Step R, Cross & Hitch, Behind Side Cross**

1 – 2      Step L a big step back (1), Drag R next to L (2) 12:00  
&3 – 4      Step R next to L (&), Step L fwd (3), Turn ¼ L stepping R to R side (4) 9:00  
5 – 6      Cross L behind R and Hitch R knee (5), Make 1/2 circle from front to back with R knee (6) 9:00  
&7 – 8      Cross R behind L (&), Step L to L side (7), Cross R over L (8) 9:00

## **[25 – 32] Ball Step with 1/8 L, Toe Strut & Hip Bump, Step 3/8 L, Rock, Hitch, Behind, Point L**

&1      Turn 1/8 R stepping L to L side (&), Step R next to L 10:30  
2&3      Touch L toes fwd (weight on R) and bump hips fwd (2), Bump hips back (&), Step on L (3) 10:30  
4&5      Step R fwd (4), Turn 3/8 L stepping on L (&), Rock R fwd (5) 6:00  
6 - 7 - 8      Recover on L hitching R knee (6), Cross R slightly behind L (7), Point L to L side (8) \*1st restart here, on wall 2, facing 12 :00 (see top of step sheet for detailed explanation) 6:00

## **[33 – 40] Ball Step Diagonally, Step & Hitch, Fwd R, L Mambo Step, Drag, Ball Step, 1/8 Mambo**

&1-2      Step L next to R (&), Turn 1/8 R stepping R fwd (1), Step L next to R Hitching R knee (2) 7:30  
3 - 4&      Step R fwd (3), Rock L fwd (4), Recover on L (&) 7:30  
5 – 6      Step back L (5), Drag R next to L (6) 7:30  
&7-8&      Step R next to L (&), Step L fwd (7), Turn 1/8 L rocking R to R side (8), Recover on L (&) 6:00

## **[41 – 48] Cross, Hold & Cross, 1/2 turn Cross Shuffle, Mambo Cross x2**

1 - 2&3      Cross R over L (1), HOLD (2), Step L to L side (&), Cross R over L (3) 6:00  
4&5      Turn 1/4 L stepping L fwd (4), Turn 1/4 L stepping R next to L (&), Cross L over R (5) 12:00  
6&7      Rock R to R side (6), Recover on L (&), Cross R over L (7) 12:00  
&8&      Rock L to L side (&), Recover on R (8), Cross L over R (&) 12:00

## **[49 – 56] R side rock, ¼ L & Flick, Fwd R, Step Lock Step, Rocking Chair with 1/4 turn**

1 - 2 - 3      Rock R to R side (1), Turn ¼ L stepping L next to R and Flick R back (2), Step R fwd (3) 9:00

4&5 Step L fwd (4), Cross R behind L (&), Step L fwd (5) 9:00  
6&7& Rock R fwd (6), Recover on L turning 1/8 L (&), Rock R back (7), Recover on L turning 1/8 L 7:30  
8& Rock R fwd (8), Recover on L 6:00

**[57 – 64] Side R, Touch, Point, Hold, Back Rock Side, Side L, Touch, Point, Hold, Back Rock**

1 – 2a Step R to R side (1), Touch L behind R (2), Point L to L side (a) 6:00  
3 - 4& HOLD (3) - Rock L behind R (4), Recover on R (&) 6:00  
5 - 6a Step L to L side (5), Touch R behind L (6), Point R to R side (a) 6:00  
7 - 8& HOLD (7) - Rock R behind L (8), Recover on L (&) 6:00

**ENJOY!**

**Ending : Wall 7 is your last wall (starts at 6:00). Finish the whole dance to end facing 12:00 again 12:00**

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