

Soul

拍數: 32 牆數: 4 級數: improver
編舞者: Julie Heinrichs-Heisner (USA) - May 2021
音樂: Soul - Lee Brice



S1: R Kick and out, L kick and out, heel , toe, ¼ turn kick, step

1&2 kick RF forward - step RF next to LF - point LF out to LT
3&4 kick LF forward - step LF next to RF - point RF out to RT
5-6 R heel forward, L toe pick
7-8 ¼ left, as you kick with your L foot, step L foot down

S2: R scuff and hop onto both feet, ¼ turn heel bounces, L step, R heel toe swivel, R shuffle

1-2 Scuff R foot and hop onto balls of both feet
3-4 ¼ turn left as you do 2 heel bounces
5 &6 Step L forward , R foot bring to left foot heel, toe swivel
7-8 R shuffle forward

S3: L ½ turn, L shuffle, full turn , R rock recover,

1-2 Step L and pivot ½ turn
3-4 Step L forward, step ball of R next to l,
5-6 Step R making a full turn ending on the left foot
7-8 step R forward and take weight then rock weight back onto L foot

S4: R coaster step, L ¼ turn , cross and cross , ½ turn L

1 &2 Step back R, step L back next to L step forward on R
3-4 Step L forward and ¼ turn R,
5&6 Step L foot over R, R lock behind; L crossover
7-8 Set R foot out and turning left ½ turn step left

Tag on the 4th wall after the first 14 counts, two stomps and then restart the dance

Last Update: 14 Jan 2023