

Soul Days

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Urban Danielsson (SWE) - December 2022
音樂: Soul Days (feat. Sam Moore) - Bruce Springsteen



#16 counts intro

Section 1: Side, hold, behind, ¼ turn, pivot ½ turn, ¼ side, behind-side-cross (think like a figure of 8)

1 – 2 Step right to right side, hold
3&4 Step left behind of right, ¼ turn right step right forward, step left forward (3:00)
5 – 6 Pivot ½ turn right step forward on right, ¼ turn right step left to left side (12:00)
7&8 Step right behind of left, step left to left side, step right across in front of left

Section 2: ¼ turn rock-recover, coaster step, rock-recover, back-lock-back

1 – 2 Rock left foot to left side, ¼ turn left recover weight onto right foot (9:00)
3&4 Step left foot back, step right next to left, step left foot forward
5 – 6 Rock right foot forward, recover weight onto left
7&8 Stel right foot, back, lockstep left foot across in front of right, step right foot back

Section 3: Modified back-lock-back, back, rock-recover, step turn ½

1 – 2 Step left back, hold
&3-4 Lockstep right in front of left, step back on left, step back on right foot
5 – 6 Rock left foot back, recover weight into right
7 – 8 Step left foot forward, pivot ½ turn right and step down on right foot (3:00)

Section 4: ¼ turn rock-recover, sailor step, step diagonal, touch, back-side-cross

1 – 2 ¼ turn right rock left foot to left side, recover weight onto right (6:00)
3&4 Step left behind of right, step right small step to right, step left small step to left side
5 – 6 1 / 8 turn left step right foot forward, touch left toes behind of right
7&8 Step back on left foot, 1/8 turn right step right to right side, step left across in front of right foot (6:00)

RESTART: here on wall 2 and 5.

Section 5: Side, together, chassé ¼ turn right, ¼ turn sway, sway, scissor step

1 – 2 Step right to right side, step left next to right
3&4 Step right to right side, step left next to right, ¼ turn right step right forward (9:00)
5 – 6 ¼ turn right sway left to left side, sway right to right side (12:00)
7&8 Step left to left side, step right next to left, step left across in front of right

Section 6: Step, touch, back, hook, step, lockstep, step-lock-step

1 – 2 1/8 turn right step right foot forward, touch left toes behind of right (1:30)
3 – 4 Step left foot back, hook right foot of left shin
5 – 6 Step right foot forward, lockstep left foot behind of right
7&8 Step right foot forward, lockstep left foot behind right, step right foot forward

Section 7: Side, touch, side touch, 3-step turn (rolling vine), touch

1 – 2 1/8 turn right step left to left side, touch right toes next to left (3:00)
3 – 4 ¼ turn right step right to right side, touch left toes next to right (6:00)
5 – 6 ¼ turn left step left forward, ½ turn left step right foot back (9:00)
7 – 8 ¼ turn left step left to left side, touch right toes next to left (6:00)

Section 8: Scissor step, hold, rock-recover, cross-side-cross

1 – 2 Step right foot to right side, step left foot next to right

- 3 – 4 Step right foot across in front of left, hold
- 5 – 6 Rock left to left side, recover weight onto right foot
- 7&8 Step left across in front of right, step right foot to right side, step left foot across in front of right

Restart after 32 counts on wall 2 and 5.

Ending: On the last wall, you will end the dance after 32 counts and be facing 12:00

Enjoy the music and the dance!
