

Rhythm In My Soul

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Frank Heelan (IRE) - February 2023
音樂: Gotta Lot of Rhythm in My Soul - Niamh Lynn



Sec 1 - Charleston step right, side together, coaster step.

1-2 Touch right forward, step right behind.
3-4 Touch left behind, step forward left.
5-6 Step right to right, step left together.
7&8 Step back right, left together, forward right. (12.00)

Sec 2 - Charleston step left, side together, shuffle forward.

1-2 Touch left forward, step left behind.
3-4 Touch right behind, step forward right.
5-6 Step left to left, step right together.
7&8 Step forward left, right together, forward left.

Sec 3 - Rock recover, shuffle ½ turn, cross & heel & cross & heel.

1-2 Rock forward on right, recover to left.
3&4 Turn ¼, right step right to right, left together, turn ¼ right step forward right. (6.00)
5&6& Cross left over right, step right to right, dig left heel to left diagonal, step down on left.
7&8 Cross right over left, step left to left, dig right heel to right diagonal.

Sec 4 - & cross side, sailor ¼ turn, pivot ¼, pivot ¼.

&1-2 Step down on right, cross left over right, step right to right.
3&4 Turn ¼ left sweeping left behind right, step right to right, step left to left. (3.00)
5-6 Step forward right pivot ¼ left. (12.00)
7-8 Step forward right pivot ¼ left. (9.00)

Restart after 16 counts of wall 8 facing 3.00

Contact: heelanjohnl@gmail.com