

# My Heart & Soul (P)

COPPER KNOB  
BY STEPHEN MILES

拍數: 62      牆數: 0      級數: Partner  
編舞者: Steve Mason (UK) & Catherine Sykes  
音樂: You Can't Take It With You When You Go - Rhonda Vincent



**Position: Right Side By Side (Sweetheart) both facing same direction, forward line of dance. Man's & lady's footwork the same unless stated different for the lady**

**In order to keep in phrase with the music, on the first rotation start the dance with:**

1-2                      Step left foot to left side, touch right foot next to left foot

## **STEP SIDE, TOUCH, STEP SIDE, TOUCH, FORWARD, 1 /2 PIVOT, SHUFFLE**

1-2                      Step right foot to right side, touch left foot beside right foot

3-4                      Step left foot to left side, touch right foot next to left foot

5-6                      Step forward right foot lift right hand, drop left hand, ½ pivot turn left, pick up left hand & raise, dropping right hand hold (RLOD)

7&8                     **MAN:** Shuffle forward right

**LADY:** ½ Turning shuffle left (LOD)

## **WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE**

9-10                    **MAN:** Step forward on left foot, step forward on right foot

**LADY:** Walk back

11&12                  **MAN:** Shuffle forward on left foot

**LADY:** Shuffle back

13-14                  **MAN:** Step forward on right foot, step forward on left foot

**LADY:** Walk back

15&16                  **MAN:** Shuffle forward on right foot

**LADY:** Shuffle back

## **FORWARD ROCK, RECOVER, ¼ SIDE SHUFFLE LEFT, WEAVE ¼ TURN LEFT**

17-18                  **MAN:** Rock step forward on left foot, recover weight to right foot

**LADY:** Rock back, recover

19&20                  **MAN:** Make ¼ turn left side shuffle left (OLOD)

**LADY:** ¼ Turn right side shuffle left

## **Sweetheart**

21-22                  Cross step right foot over left foot, step left foot to left side

23-24                  Cross step right foot behind left foot, turn ¼ turn left stepping forward on left foot

## **¼ TURN LEFT, ¼ TURN RIGHT, WEAVE, RIGHT SHUFFLE, LEFT SHUFFLE**

25-26                  ¼ turn left step right foot to right side, cross step left foot behind right foot lift right hand, drop left (ILOD)

27-28                  ¼ turn right stepping right foot forward, step forward on left foot, (LOD) Sweetheart

29-30                  Shuffle forward on right

31-32                  Shuffle forward on left

## **ROCK RECOVER, ¼ TRIPLE, ROCK RECOVER, ½ TRIPLE TURN, ROCK RECOVER, ½ TRIPLE TURN**

33-34                  Rock step forward on right foot, recover weight to left foot

35&36                  **MAN:** Triple step right, left right making ¼ turn right (OLOD)

**LADY:** ¾ Right to face man (ILOD), hands raised above head level

37-38                  Rock step back on left foot, recover weight to right foot, left hands joined at head level right hand at waist level

39-40                  Triple step left, right, left making ½ turn right

**Man ILOD, hands raised above head level. Lady OLOD**

**ROCK BACK RECOVER, ½ TRIPLE TURN, ¼ TURN LEFT, TOUCH, FULL TURN RIGHT, TOUCH**

- 41-42 Rock step back on right foot, recover weight to left foot, left hands joined at head level right hand at waist level
- 43&44 Triple step right, left, right making ½ turn left, (man OLOD), left hands joined at head level right hand at waist level
- 45-46 Step left foot 1/ 4 turn left, touch right foot beside left foot, (man LOD, lady RLOD) holding right hand
- 47-50 Full rolling turn right stepping right, left, right, touch left foot next to right (man LOD, lady RLOD) holding left hand

**FULL TURN LEFT, TOUCH, TURN WALK, WALK, SHUFFLE, JAZZ BOX, TOUCH**

- 51-54 Full rolling turn left stepping left, right, left, touch right foot next to left, (man LOD, lady RLOD) holding right hand
- 55-56 **MAN:** Step forward right, left,  
**LADY:** ½ Turn right stepping right, left

**LOD, Sweetheart**

- 57&58 Shuffle forward on right
- 59-62 Cross step left foot over right foot, step back on right foot, step left foot to left side, touch right foot next to left foot

**REPEAT**

**When using 64 count music finish dance with a step instead of touch & always add the 2 extra counts at beginning of pattern to make 64 counts**

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