

# Old School Soul

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Guyton Mundy (USA)  
音樂: Gossip Folks (Dance Remix) - Missy Elliot



## SIX STEP, STEP FORWARD-BACK TOGETHER WITH SHOULDER ROCKS (TWICE)

1&2      Cross right over left, step back on left, step together right  
3&4      Cross left over right, step back on right, step together left  
5-6      Step forward right, step together right (with syncopated shoulder rocks)  
7-8      Step forward left, step together left (with syncopated shoulder rocks)

## ¾ TURN WITH SHOULDER ROCKS, STEP BACK, SLIDE TOGETHER, STEP FORWARD, TOUCH

1-2-3-4      While stepping right, left, right, left make a ¾ turn to the left (with syncopated shoulder rocks)  
5-6      Step back right, slide left foot together, end with left toe touch next to right foot  
7-8      Step forward left, touch right toe beside left foot

## SAILOR SHUFFLES (X4)

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

## ¾ PADDLE TURN, WALKS

1-2-3-4      While keeping left foot on ground, rotate ¾ turn to the left while "paddling" right foot around (x4)  
5-6-7-8      Walk forward right-left-right-left

## SIDE STEP-LOCK-STEP-TOGETHER (TWICE) WITH ARM MOVEMENTS, END WITH ¼ TURN

1-2-3-4      Step right to right side, lock left beside right, step right to right side, step left beside right  
5-6-7-8      Step left to left side, lock right beside left, step left to left side, step right beside left while doing ¼ turn to the left

**Styling: angle body ¼ turn to the direction you're traveling with trailing arm extended. Flex hand up when feet are apart and flex down when feet are together**

## STEP-TOGETHER-STEP-TOGETHER WITH SHOULDER ROCKS

1-2-3-4      Step right to right side, hold, step together with left, hold (with syncopated shoulder and hip rocks)  
5-6-7-8      Step right to right side, hold, step together with left, hold (with syncopated shoulder and hip rocks)

## STEP-TOGETHER-STEP-TOGETHER WITH SHOULDER ROCKS

1-2-3-4      Step left to left side, hold, step together with right, hold (with syncopated shoulder rocks)  
5-6-7-8      Step left to left side, hold, step together with right, hold (with syncopated shoulder rocks)

## FORWARD HEEL TOUCH (X3), JUMP, JUMP, TRIPLE JUMP

1&2      Touch left heel forward while putting right hand behind head, switch to touching right heel forward while putting left hand behind head  
&3&4      Switch back to touching left heel forward while putting right hand behind head, bring feet together and hands down  
5-6      Small jump/scoot to the right, small jump/scoot to the left  
7&8      Small jumps/scoots to the right (x3)

REPEAT

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