

Soul Man

拍數: 64 牆數: 2 級數: Improver
編舞者: David Bowers (USA)
音樂: Soul Man - The Blues Brothers



WALK, WALK, ROCK AND STEP TWICE

- 1 Step right foot forward
- 2 Step left foot forward
- 3 Rock right out to right side
- & Recover left
- 4 Step forward on right
- 5 Step forward on left
- 6 Step right foot forward
- 7 Rock left out to left side
- & Recover right
- 8 Step forward on left

ROCK, RECOVER ¼ RIGHT, CHASSE, ½ HITCH, CHASSE, ¼ TURNING SAILOR RIGHT

- 1 Rock forward on right
- 2 Recover on left as you turn ¼ to right
- 3 Step right to right
- & Step together left
- 4 Step right to right
- & Hitch left knee up as you pivot ½ right on right
- 5 Step left to left
- & Step together right
- 6 Step left to left
- 7 Step right behind left
- & Step left to left side while turning ¼ right
- 8 Step right to position

DIAGONAL ROCK FORWARD, RECOVER, SHUFFLE TWICE

- 1 Rock forward on left slightly to the left diagonal
- 2 Recover right
- 3 Step left forward (still on diagonal)
- & Step together right
- 4 Step forward left
- & Pivot right on left to right diagonal
- 5 Rock forward on right slightly to the right diagonal
- 6 Recover left
- 7 Step forward right
- & Step together left
- 8 Step forward right

ROCK, RECOVER, SHUFFLE BACK, ROCKING CHAIR

- 1 Rock forward on left
- 2 Recover right
- 3 Step back on left
- & Step together right
- 4 Step back on left
- 5 Rock back on right

- 6 Recover left
- 7 Rock forward on right
- 8 Recover left

SYNCOPATED VINE RIGHT, TOE POINTS, CHASSE

- 1 Step right to right
- 2 Step left behind right
- & Step slightly back on right
- 3 Step left across right
- 4 Step right to right side
- 5 Touch left toe forward
- 6 Touch left toe to left side
- 7 Hitch left knee across and in front of right knee
- 8 Step left to left side
- & Step together right

SYNCOPATED VINE LEFT, TOE POINTS, ¼ TRIPLE RIGHT

- 1 Step left to left
- 2 Step right behind left
- & Step slightly back on left
- 3 Step right across left
- 4 Step left to left side
- 5 Touch right toe forward
- 6 Touch right toe to right side
- 7 Hitch right knee across and in front of left knee
- 8 Step right to right side starting ¼ turn right
- & Step left to position finishing ¼ turn right

STEP PIVOT ½ RIGHT, STEP PIVOT ¼ RIGHT, CROSS, UNWIND, HOLD (CLAP)

- 1 Step forward on right
- 2 Step forward on left
- 3 Pivot ½ right (weight change to right)
- 4 Step forward on left
- 5 Pivot ¼ right (weight change to right)
- 6 Cross left over right
- 7 Unwind ½ right. (weight goes left)
- 8 Hold (clap)

BIG STEP, HEEL -TOE WALKS IN TWICE

- 1 Take a big step right
- 2 Bring left heel in toward right
- 3 Bring left toe in toward right
- 4 Bring left to position (weight stays right)
- 5 Take a bit step right
- 6 Bring right heel in toward left
- 7 Bring right toe in toward left
- 8 Bring right to position (weight stays left)

REPEAT
