

Soul Man

拍數: 0 牆數: 1 級數: Improver
編舞者: Dave Kim (USA)
音樂: Soul Man - The Blues Brothers



INTRO

1-16 Start intro with arms crossed tapping the right heel

People will do the dance backwards

THE MOTOWN

Swing arms forward and back at the waist

1-4 Right step to right, left next to right, right step to right, left next to right and clap

5-8 Left step to the left, right next to left, left step to left, right next to left and clap

9-12 Right step to right, left next to right, right step to right, left next to right and clap

13-16 Left step to the left, right next to left, left step to left, right next to left and clap

17-20 Right step to right, left next to right, right step to right, left next to right and clap

21-24 Left step to the left, right next to left, left step to left, right next to left and clap

25-28 Right step to right, left next to right, right step to right, left next to right and clap

29-32 Left step to the left, right next to left, left step to left, right next to left and clap

THE SOUL MAN

1-4 Shake both hands over the head

5-8 Pump both fists down

9-12 Shake both hands over the head

13-16 Pump both fists down

17-20 Shake both hands over the head

21-24 Pump both fists down

25-28 Shake both hands over the head

29 Right arm straight up

30 Left arm straight up

31 Right arm out to the right at shoulder height

32 Left arm out to the left at shoulder height

PLAY THE PIANO

Hands out in front at waist level and act like you are playing a piano

1-4 Right step to right, left next to right, right step to right, left next to right and clap

5-8 Left step to the left, right next to left, left step to left, right next to left and clap

9-12 Right step to right, left next to right, right step to right, left next to right and clap

13-16 Left step to the left, right next to left, left step to left, right next to left and clap

17-20 Right step to right, left next to right, right step to right, left next to right and clap

21-24 Left step to the left, right next to left, left step to left, right next to left and clap

25-28 Right step to right, left next to right, right step to right, left next to right and clap

29-32 Left step to the left, right next to left, left step to left, right next to left and clap

THE SOUL MAN

1-4 Shake both hands over the head

5-8 Pump both fists down

9-12 Shake both hands over the head

13-16 Pump both fists down

17-20 Shake both hands over the head

21-24 Pump both fists down

25-28 Shake both hands over the head

- 29 Right arm straight up
- 30 Left arm straight up
- 31 Right arm out to the right at shoulder height
- 32 Left arm out to the left at shoulder height

ARM ROLLS

- 1-4 Roll hands at the right shoulder
- 5-8 Roll hands at the left shoulder
- 9-12 Roll hands at the right hip
- 13-16 Roll hands at the left hip
- 17-20 Roll hands at the right shoulder
- 21-24 Roll hands at the left shoulder
- 25-28 Roll hands at the right hip
- 29-32 Roll hands at the left hip

THE SOUL MAN

- 1-4 Shake both hands over the head
- 5-8 Pump both fists down
- 9-12 Shake both hands over the head
- 13-16 Pump both fists down
- 17-20 Shake both hands over the head
- 21-24 Pump both fists down
- 25-28 Shake both hands over the head
- 29 Right arm straight up
- 30 Left arm straight up
- 31 Right arm out to the right at shoulder height
- 32 Left arm out to the left at shoulder height

HITCHHIKER

- 1-4 Right hand to the right and act like you are hitchhiking
- 5-8 Left hand to the left and act like you are hitchhiking
- 9-12 Right hand to the right and act like you are hitchhiking
- 13-16 Left hand to the left and act like you are hitchhiking
- 17 Right hand to the right and act like you are hitchhiking
- 18 Left hand to the left and act like you are hitchhiking
- 19 Right hand to the right and act like you are hitchhiking
- 20 Left hand to the left and act like you are hitchhiking

- 1 Step right forward and put your right hand out palm down
- 2-4 Hold
- 5 Step left forward and put your left hand out palm down
- 6-8 Hold
- 9 Step right forward and put your right hand out palm down
- 10-12 Hold
- 13 Step left forward and put your left hand out palm down
- 14-16 Hold

- 17-20 Walk back right, left, right, left
- 21-24 Walk in place right, left, right, left

GET CRAZY

Or just walk it out for 8 more steps

- 25-32 Walk in place right, left, right, left, right, left, right, left

BACK TO THE MOTOWN

1-4 Right step to right, left next to right, right step to right, left next to right and clap

5-8 Left step to the left, right next to left, left step to left, right next to left and clap

PLAY THE PIANO

1-4 Right step to right, left next to right, right step to right, left next to right and clap

5-8 Left step to the left, right next to left, left step to left, right next to left and clap

ARM ROLLS

1-4 Roll hands at the right shoulder

5-8 Roll hands at the left shoulder

HITCHHIKER

1-4 Right hand to the right and act like you are hitchhiking

5-8 Left hand to the left and act like you are hitchhiking

BACK TO THE MOTOWN ONE MORE TIME

1-4 Right step to right, left next to right, right step to right, left next to right and clap

5-8 Left step to the left, right next to left, left step to left, right next to left and clap

GRAND FINALE

Step forward with the right foot and extend right hand out to the crowd palm up strike a pose
