

Soul Man

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Michael Barr (USA) & Michele Burton (USA)
音樂: Soul Man - Sam & Dave



WALK, WALK, SHUFFLE FORWARD - ROCK FORWARD-RETURN, COASTER

1-2-3&4 Step left forward, step right forward, shuffle forward, left, right, left
5-6-7&8 Rock forward on right foot, return weight to left in place, coaster: step right back, step left next to right, step right forward

STEP FORWARD, ¼ PIVOT RIGHT, CROSS & CROSS - SIDE ROCK-RETURN, ½ TURN TRIPLE RIGHT

1-2-3&4 Step left forward, pivot ¼ right onto right foot, cross step left over right, step right side right, cross step left over right
5-6 Rock step right side right, return weight onto left in place
7&8 ½ turn triple: step (swing) right behind left turning ¼ right, step left next to right, turning ¼ right step right forward

FORWARD ROCK-RETURN, BACK-LOCK-BACK - ROCK BACK-RETURN, FULL TURN TRIPLE LEFT

1-2-3&4 Rock forward on left, return weight right in place, step back on left, step right back crossing over left, step back on left
5-6 Rock back on right, return weight left in place
7&8 Full turn triple: turning ½ left step back on right, turning ½ left step forward on left, step forward on right

FORWARD ROCK-RETURN, BACK-HEEL-¼ TURN-STEP - ROCK-RETURN, COASTER STEP

1-2 Rock forward on left, return weight to right in place
&3&4 Step back on left, touch right heel forward, step ball of right next left, turn ¼ left stepping left forward
5-6-7&8 Rock forward on right foot, return weight to left in place, coaster: step right back, step left next to right, step right forward

FORWARD, ½ PIVOT RIGHT, WALK, WALK - TOUCH SIDE & SIDE & FORWARD & STEP

1-4 Step left forward, pivot ½ right taking weight onto right, step left forward, step right forward
5&6& Touch left side left, step left next to right, touch right side right, step right next to left
7&8 Touch left toe forward, step left next to right, step right forward

Arms

5 Bending at elbows, bring forearms up, shoulder width, palms facing you about eyes high and snap your fingers
&6 Cross arms (doesn't matter which way) in front of your chest. Snap fingers on count 6
&7 Same position as count 5, snapping fingers on count 7
&8 Bring arms back down to your sides

FORWARD, ½ PIVOT RIGHT, WALK, WALK - SIDE TOUCH, STEP FORWARD TWICE

1-4 Step left forward, pivot ½ right taking weight onto right, step left forward, step right forward
5-8 Touch left side left, step left forward in front of right, touch right side right, step right forward in front of left

FORWARD, ½ PIVOT RIGHT, WALK, WALK - TOUCH SIDE & SIDE & FORWARD & STEP

Repeat counts 33- 40

1-4 Step left forward, pivot ½ right taking weight onto right, step left forward, step right forward
5&6& (Repeat arms from above) touch left side left, step left next to right, touch right side right, step right next to left
7&8 Touch left toe forward, step left next to right, step right forward

FORWARD, ½ PIVOT RIGHT, WALK, WALK - SIDE TOUCH, FORWARD, TOUCH -LEAP/FLICK

- 1-4 Step left forward, pivot ½ right taking weight onto right, step left forward, step right forward
5-7 Touch left side left, step left forward in front of right, touch right side right
8 Leap onto right foot next to left and flick/kick the left up behind you. See arms below for count
8

Arms: bring both arm up, slightly bent at the elbows, ending with hands above your head with palms facing toward back wall

REPEAT

TAG & RESTART:

On the 4th wall, complete count 32 (coaster, facing starting wall) and add

- 1-4 Step left forward, ½ pivot right (take weight right), repeat. Start the dance over: walk walk shuffle forward, etc
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