

# Soul Secret

COPPERKNOB  
STEPPERS

拍數: 0      牆數: 0      級數:  
編舞者: Linda Hegarty (UK)  
音樂: God Must Have Spent (A Little More Time On You) (feat. Nsync) - Alabama



Sequence: AAAB AAAB BB

If using Emotion or Light my fire just dance part A

## PART A

### RIGHT CROSS LEFT SIDE RIGHT SAILOR STEP LEFT CROSS ROCK TOGETHER RIGHT CROSS ROCK TOGETHER

- 1-2            Cross right over left, step left to left side
- 3&4           Cross step right behind left, step left beside right, step right forward
- 5&6           Cross left over right, step right back, step left to left side
- 7&8           Cross right over left, step left back, step right to right side

### CROSS ROCK SIDE CHASSE RIGHT SAILOR BACK LEFT SAILOR BACK

- 9-10           Cross rock left over right, recover onto right
- 11&12        Step left to left side, step right beside left, step left to left side
- 13&14        Cross right behind left, step left beside right, step right diagonal forward
- 15&16        Cross left behind right, step right beside left, step left diagonal forward

### CROSS ROCK 1 ¼ TRIPLE TURN ROCK ¼ TURN CROSS ¾ TURN

- 17-18        Cross rock right over left, recover onto left
- 19&20        Turn 1 ¼ turns right while stepping right left right
- 21-22        Rock left forward, recover onto right and turn ¼ left while stepping left to side
- 23-24        Cross step right over left, step left back ½ turn right, step right forward ¼ right

### ROCK AND CROSS TURN SHUFFLE LEFT-RIGHT-LEFT ROCK AND CROSS TURN WALK RIGHT, LEFT

- 25&26        Rock left to left side, recover onto right, cross left over right
- 27&28        Step right back and ½ turn left while shuffling left right left
- 29&30        Rock right to right side, recover onto left, cross right over left
- 31&32        Step left back, ½ turn right while walking forward right, left

## PART B

### ROCK RIGHT AND CROSS HITCH TURN LEFT-RIGHT-LEFT AND HEEL BALL CROSS STEP SHUFFLE ½ TURN RIGHT

- 1&2            Rock right to right side, recover onto left, cross right over left
- 3&4            Hitch left leg up while turning ¾ left. Shuffle forward left-right-left
- 5&6            Step right to right side, step left heel up, step left down, cross right over left
- 7&8            Step left back, turn ½ turn right while shuffling forward right-left-right

### ROCK ¼ TURN CROSS ¾ TURN ROCK ½ TURN STEP ½ TURN

- 9-10           Rock left forward, recover onto right and turn ¼ left while stepping left to left
- 11&12        Cross step right over left, step left back ½ turn right, step right forward ¼ right
- 13-14        Rock forward left, recover onto right step left forward ½ turn left
- 15-16        Step right forward, pivot ½ turn left