

# Heart & Soul

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Kristina Beeby (AUS)  
音樂: Put Your Heart Into It - Sherrié Austin



Start dance on the word "Need"

## ¾ MONTEREY TURN

1-2      Touch right toe to right side, turn ¾ turn right on left foot & step right beside left  
3-4      Touch left toe to left side, step left foot beside right

## ¼ MONTEREY TURN

5-6      Touch right toe to right side, turn ¼ turn right on left foot & step right beside left  
7-8      Touch left heel forward, touch left toe back

1-2      Step left foot to left side, step right behind left  
&3      Step left foot slightly back, step right foot across in front of left  
4      Step left foot to left side  
5&6      Step right foot behind left, step left foot to left side, step right across in front of left  
7-8      Step left foot to left side, tap right foot beside left

1&2      Kick right foot forward, step ball of right foot beside left, step left foot forward  
3&4      Kick right foot forward, step ball of right foot beside left, step left foot forward

5-6      Step right foot forward, pivot turn ½ turn left (weight onto left)  
7-8      Stomp right beside left, stomp left (weight on left)

## SAILOR SHUFFLES

1&2      Step right foot behind left, step left foot to left side, step right foot to right side  
3&4      Step left foot behind right, step right foot to right side, step left foot to left side  
5&6      Step right foot behind left, step left foot back at 45 degrees left, step right across left  
7&8      Step left foot to left side, step right foot slightly back, step left across right

1-2      Step right foot to right side, step left foot behind right  
3-4      Step right foot to right side turning ¼ turn right, step/rock left foot forward  
5-6      Rock back on right, touch left back  
7-8      Pivot ½ turn left (weight onto left), hold & clap

1-4      Step right foot forward, hold, pivot turn ½ turn left, hold  
5-8      Step right foot forward, hold, pivot turn ½ turn left, hold

## REPEAT

On second wall do first 16 counts and then start dance still facing second wall. This only happens once.  
To finish facing the front do a ½ Monterey turn and ¼ Monterey turn touching left foot forward then together.