

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.