

If U Got Heart & Soul

拍數: 64 牆數: 4 級數: Improver
編舞者: Ulrika Rapp (SWE) - September 2010
音樂: Heart and Soul - Joe Jonas, Kevin Jonas & Nick Jonas : (CD: Camp Rock 2 - The Final Jam)



Start after approximately 32 Counts.

Restart during 2 wall at end of Section 3.

Walk R, L, R, Side rock L, walk L, R, L, side rock R

1 2 Walk forward on right, walk forward on left
3&4 Walk forward on right, Rock left to left side, recover to right
5 6 Walk forward on left, walk forward on right
7&8 Walk forward on left, Rock right to right side, recover to left

Walk back R, L with hitch, R coasterstep, step turn ¼ R, L cross shuffle

1 2 Walk right back hitch left knee, walk left back hitch right knee
3&4 Step right back, step left together, step right forward
5 6 Step forward on left, turn ¼ right
7&8 Cross step left over right, step right to right side, cross step left over right

Turn ¼ L x 2, R cross shuffle, Step, Clap, Step, Clap

1 2 Turn ¼ left and step right back, turn ¼ left and step left forward
3&4 Cross step right over left, step left to left side, cross step right over left
5 6 Step left to left side, Step right next to left
7 8 Step Left to left side, step right next to left

(Restart from here, during 2 wall)

Back Rock, Toe Strut Right, Back Rock, Toe Strut Left

1 2 Rock back on right. Rock forward on left.
3 4 Step right toe to right side. Drop right heel taking weight.
5 6 Rock back on left. Rock forward on right
7 8 Step left toe to left side. Drop left heel taking weight.

Cross R behind L, unwind ½ R, L shuffle forward, R Syncopated Rocking Chair x2

1 2 Cross touch right behind left , unwind ½ right
3&4 Step left forward. Close right beside left. Step left forward
5&6& Rock right forward. Recover onto left. Rock right back. Recover onto left.
7&8& Rock right forward. Recover onto left. Rock right back. Recover onto left

Walk L & R back, L coasterstep, cross point x 2

1 2 Walk left back, walk right back
3&4 Step left back, step right together, step left forward
5 6 Cross step right over left. Point left to left side.
7 8 Cross step left over right. Point right to right side.

Jazz box with a 1/4 turn R, Step, Drag, 1/4 Turn Right, Knee In, out, in

1 2 Cross Right over left, step back on left
3 4 Make a 1/4 turn right and step right to right side, touch left beside right
5 6 Step left to left side. Drag right to touch beside left
7&8 Make 1/4 turn right turning right knee in, out, in. (Weight stays on left.)

R kick ball step fw x 2, step turn ½ L, prissy walks R & L

1&2 Kick right forward, step back on right, step left slightly forward

3&4 Kick right forward, step back on right, step left slightly forward

5 6 Step right forward. Pivot 1/2 turn left

7 8 Cross right over left, Cross left over right.

Thanx to my daughter Lisa for the music suggestion!
