

# Soft and Only

拍數: 48                      牆數: 2                      級數: Intermediate  
編舞者: Michele Perron (CAN) - December 2010  
音樂: Just Like Heaven - Katie Melua : (Albums: Just Like Heaven Soundtrack - Or -  
Piece by Piece by Katie Melua)



Introduction: 32 Counts, once heavy beat kicks in. (Begin on lyrics "Show me how you do that trick...")

## Sec. I (1- 8) BACK-&-FORWARD, FORWARD-FORWARD-TURN-FORWARD, FORWARD-&BACK, BACK-&-TOGETHER

1&2                      RIGHT Rock/Step back, LEFT Recover/Step forward (in place), RIGHT Step forward  
3&                      LEFT Step forward, RIGHT Step forward  
4&                      Execute full "Spiral" Turn L, turning on R Toe/ball, LEFT Step forward  
5&6                      RIGHT Step forward, LEFT Recover/Step back, RIGHT Step back  
7&8                      LEFT Step back, Turn 1/2 R with RIGHT Step forward, LEFT Step beside R (6 o'clock)

## Sec. II (9-16) SIDE-&-TOGETHER, BACK-&-TURN: REPEAT

1&2                      RIGHT Rock/Step side R, LEFT Recover/Step side L (in place), RIGHT Step beside L  
3&4                      LEFT Rock/Step crossed behind R, RIGHT Recover/Step forward (in place), Turn 1/4 R with  
LEFT Step forward diagonal L (9 o'clock)  
5&6                      RIGHT Rock/Step side R, LEFT Recover/Step side L (in place), RIGHT Step beside L  
7&8                      LEFT Rock/Step crossed behind R, RIGHT Recover/Step forward (in place), Turn 1/4 R with  
LEFT Step forward diagonal L (12 o'clock)

## Sec.III (17-24) FORWARD-&-BACK-&, FORWARD-TURN-FORWARD, SWEEP, ACROSS-&-BEHIND, SWEEP, BEHIND-&-ACROSS

[Note: Counts 1&,2&,3&4 all face diagonal R]

1&                      RIGHT Rock/Step forward, LEFT Recover/Step back  
2&                      RIGHT Rock/Step back, LEFT Recover/Step forward  
3&4                      RIGHT Step forward diagonal R, Turn 1/2 L with LEFT Step forward, RIGHT Step forward  
diagonal R (6 o'clock)  
5&                      Sweep back to front with LEFT Step across front of R, RIGHT Step side R (face centre)  
6&                      LEFT Step crossed behind R, RIGHT Sweep front to back  
7&8                      RIGHT Step crossed behind, LEFT Step side L, RIGHT Step across front of L

## Sec.IV (25-32) TURN, R TRIPLE SIDE, ACROSS-&-TURN, TURN, L TRIPLE SIDE, BACK-&-TURN

&1&2                      Turn 1/4 L with LEFT Step beside R, RIGHT 'Triple' side R (R side, L together, R side) (3  
o'clock)  
3&4                      LEFT Rock/Step across front of R, RIGHT Recover/Step behind L (in place), Turn 1/4 L with  
LEFT Step forward (12 o'clock)  
&5&6                      RIGHT Step beside L, LEFT 'Triple' side L (L side, R together, L side)  
7&8                      RIGHT Rock/Step back, LEFT Recover/Step forward, Turn 1/2 L with RIGHT Step back (6  
o'clock)

## Sec.V (33-40) BACK-&-FORWARD, ACROSS-BACK-TOGETHER, FORWARD-&-FORWARD-TOUCH, BACK-&-BACK-TOUCH

1&2                      LEFT Rock/Step back, RIGHT Recover/Step forward, LEFT Step forward  
3&4                      RIGHT Step across front of L, LEFT Step back, RIGHT Step beside L  
5&6&                      LEFT Step forward, RIGHT Step beside L, LEFT Step forward, RIGHT Touch behind L  
7&8&                      RIGHT Step back, LEFT Step beside R, RIGHT Step back, LEFT Touch in front of R

## Sec.VI (41-48) FORWARD, FORWARD, TURN, ACROSS-SIDE-ACROSS-SIDE. ACROSS-&-TURN, FORWARD-TURN-TURN

1&2 LEFT Step forward, RIGHT Step forward, Turn 1/4 L with LEFT Step side L (3 o'clock)  
3& RIGHT Step across front of L, LEFT Step side L  
4& RIGHT Step across front of L, LEFT Step side L  
5&6 RIGHT Rock/Step across front of L, LEFT Recover/Step back (in place), Turn 1/4 R with  
RIGHT Step forward(6 O'clock)  
7&8 LEFT Step forward, Turn 1/2 R with RIGHT Step forward (in place), Turn 1/2 R with LEFT  
Step back & beside R

### **Begin Again**

**Bridge: Four Counts: Bridge occurs after two rotations, facing 12 o'clock wall**

**NC2 STEP Basics: R BACK-RECOVER-SIDE, L BACK-RECOVER-SIDE**

1&2 RIGHT Rock/Step back, LEFT Recover/Step forward, RIGHT Step side R

3&4 LEFT Rock/Step back, RIGHT Recover/Step forward, LEFT Step side L

**Ending: You will end facing front wall...and I like to add one RIGHT Step back & Pose.**

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