

# Heart and Soul

**COPPER** KNOB  
STEPSHEETS

拍數: 60      牆數: 4      級數: Beginner - Country  
編舞者: Nathalie Lagache (FR) - July 2012  
音樂: Heart and Soul - Wolfstone



## Part 1 [1 – 8] L Rocking chair , Step Pivot ½ Turn, Cha Cha Cha

1-2      Rock fwd on L, recover onto R  
3-4      Rock back on L, recover onto R  
5-6      Step L fwd, pivot ½ turn to the right (6:00)  
7&8      On Place, LRL

## Part 2 [9 – 16] R Rocking chair , Step Pivot ½ Turn, Cha Cha Cha

1-2      Rock fwd on R, recover onto L  
3-4      Rock back on R, recover onto L  
5-6      Step R fd, pivot ½ turn to the left (12:00)  
7&8      On place, RLR

## Part 3 [17 - 24] L Vine, R Sweep , Side, Cross, Cross Shuffle

1-2      L on the left, R behind L,  
3-4      L on the left, touch R next to L & right sweep  
5-6      R on the R, L behind R  
&7-8      Cross L beside R, shuffle on the right

## Part 4 [25 – 32] Step L Flick , Recover,R Hook, Recover, Pivot ¼ turn, Heel Switches

1-2      R fwd, Left flick (touch hat with right hand)  
3-4      Recover onto L, Right Hook  
5-6      R fwd, Pivot ¼ turn to the left (9:00)  
7&8&      Right heel fwd, recover weight onto R, left heel fwd, recover weight onto L (R& L hands up)

## Part 5 [33 – 40] & Sect 6 [41 - 48] Heel Strut, Together & Step, Scuff, Point x2, Sailor Step

1-2      R heel fwd, recover on R ball  
&3-4      L next to R (&), R fwd, L scuff  
5-6      L point on the left, L point on the left side  
7&8      L behind R, R on the right side, L on the left side

## Part 7 [49 – 56] Step, Touch, recover, Ball, Heel, Touch & Heel swivel, Heel Switches

1-2      R fwd, touch L behind R  
&3-4      Reconver onto L (&), R next to L, left Heel fwd  
5&6      Touch left toe fwd (5) swivel heel out (&), swivel heel on place(6)  
7&8      R heel fwd, recover on R, L heel fwd

## Part 8 [57 – 60] Touch x2, Cross Shuffle

1&2      Touch with R behind L, touch with L  
&3&4      Recover onto L (&), Cross R over L, shuffle to the left

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