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| Soul Man |  |

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| **Count:** | 64 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | Michael Barr (USA) & Michele Burton (USA) |
| **Music:** | Soul Man - Sam & Dave |
| . |

**WALK, WALK, SHUFFLE FORWARD - ROCK FORWARD-RETURN, COASTER**

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| --- | --- |
| 1-2-3&4 | Step left forward, step right forward, shuffle forward, left, right, left |

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| --- | --- |
| 5-6-7&8 | Rock forward on right foot, return weight to left in place, coaster: step right back, step left next to right, step right forward |

**STEP FORWARD, ¼ PIVOT RIGHT, CROSS & CROSS - SIDE ROCK-RETURN, ½ TURN TRIPLE RIGHT**

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| --- | --- |
| 1-2-3&4 | Step left forward, pivot ¼ right onto right foot, cross step left over right, step right side right, cross step left over right |

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| 5-6 | Rock step right side right, return weight onto left in place |

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| 7&8 | ½ turn triple: step (swing) right behind left turning ¼ right, step left next to right, turning ¼ right step right forward |

**FORWARD ROCK-RETURN, BACK-LOCK-BACK - ROCK BACK-RETURN, FULL TURN TRIPLE LEFT**

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| --- | --- |
| 1-2-3&4 | Rock forward on left, return weight right in place, step back on left, step right back crossing over left, step back on left |

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| --- | --- |
| 5-6 | Rock back on right, return weight left in place |

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| 7&8 | Full turn triple: turning ½ left step back on right, turning ½ left step forward on left, step forward on right |

**FORWARD ROCK-RETURN, BACK-HEEL-¼ TURN-STEP - ROCK-RETURN, COASTER STEP**

|  |  |
| --- | --- |
| 1-2 | Rock forward on left, return weight to right in place |

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| --- | --- |
| &3&4 | Step back on left, touch right heel forward, step ball of right next left, turn ¼ left stepping left forward |

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| --- | --- |
| 5-6-7&8 | Rock forward on right foot, return weight to left in place, coaster: step right back, step left next to right, step right forward |

**FORWARD, ½ PIVOT RIGHT, WALK, WALK - TOUCH SIDE & SIDE & FORWARD & STEP**

|  |  |
| --- | --- |
| 1-4 | Step left forward, pivot ½ right taking weight onto right, step left forward, step right forward |

|  |  |
| --- | --- |
| 5&6& | Touch left side left, step left next to right, touch right side right, step right next to left |

|  |  |
| --- | --- |
| 7&8 | Touch left toe forward, step left next to right, step right forward |

**Arms**

|  |  |
| --- | --- |
| 5 | Bending at elbows, bring forearms up, shoulder width, palms facing you about eyes high and snap your fingers |

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| --- | --- |
| &6 | Cross arms (doesn't matter which way) in front of your chest. Snap fingers on count 6 |

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| --- | --- |
| &7 | Same position as count 5, snapping fingers on count 7 |

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| &8 | Bring arms back down to your sides |

**FORWARD, ½ PIVOT RIGHT, WALK, WALK - SIDE TOUCH, STEP FORWARD TWICE**

|  |  |
| --- | --- |
| 1-4 | Step left forward, pivot ½ right taking weight onto right, step left forward, step right forward |

|  |  |
| --- | --- |
| 5-8 | Touch left side left, step left forward in front of right, touch right side right, step right forward in front of left |

**FORWARD, ½ PIVOT RIGHT, WALK, WALK - TOUCH SIDE & SIDE & FORWARD & STEP**

**Repeat counts 33- 40**

|  |  |
| --- | --- |
| 1-4 | Step left forward, pivot ½ right taking weight onto right, step left forward, step right forward |

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| --- | --- |
| 5&6& | (Repeat arms from above) touch left side left, step left next to right, touch right side right, step right next to left |

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| --- | --- |
| 7&8 | Touch left toe forward, step left next to right, step right forward |

**FORWARD, ½ PIVOT RIGHT, WALK, WALK - SIDE TOUCH, FORWARD, TOUCH -LEAP/FLICK**

|  |  |
| --- | --- |
| 1-4 | Step left forward, pivot ½ right taking weight onto right, step left forward, step right forward |

|  |  |
| --- | --- |
| 5-7 | Touch left side left, step left forward in front of right, touch right side right |

|  |  |
| --- | --- |
| 8 | Leap onto right foot next to left and flick/kick the left up behind you. See arms below for count 8 |

**Arms: bring both arm up, slightly bent at the elbows, ending with hands above your head with palms facing toward back wall**

**REPEAT**

**TAG & RESTART:**

**On the 4th wall, complete count 32 (coaster, facing starting wall) and add**

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| --- | --- |
| 1-4 | Step left forward, ½ pivot right (take weight right), repeat. Start the dance over: walk walk shuffle forward, etc |