

My Heart and Soul Boy

COPPER **NOB**
BY SHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Sue Korek (USA) - 10 January 2025

Music: Heart and Soul - Huey Lewis & The News

or: Let's Hear It for the Boy - Deniece Williams



Alternate Music:

Let's Hear It For The Boy (Deniece Williams—14 February 1984), Intro: 24 counts, bpm=123

Intro: 32 counts

Section 1 (TWO TOE STRUTS RIGHT, LINDY RIGHT)

- 1-2 Touch R toe right, drop R heel
- 3-4 Touch L toe right, drop L heel
- 5&6 Step R right side, shuffle L beside R, step R right side
- 7-8 Rock L behind R, recover R

Section 2 (TWO TOE STRUTS LEFT, LINDY LEFT)

- 1-2 Touch L toe left, drop L heel
- 3-4 Touch R toe left, drop R heel
- 5&6 Step L left side, shuffle R beside L, step L to left side
- 7-8 Rock R behind L, recover L

Section 3 (TRIPLE FORWARD RLR, ROCK, TRIPLE BACK LRL, ROCK BACK)

- 1&2 Triple forward RLR
- 3-4 Rock L forward, recover R
- 5&6 Triple backward LRL
- 7-8 Rock R backward, recover L

Section 4 (ROCK, RECOVER, ¼ TURN RIGHT TRIPLE RLR, ROCK, RECOVER, TRIPLE STEP LRL)

- 1-2 Rock R forward, recover on L
- 3&4 ¼ turn right with triple step RLR
- 5-6 Rock L forward, recover on R
- 7&8 Triple step LRL

Enjoy this Beginner dance!

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