

# My Heart and Soul Boy

**COPPER** KNOB  
STEPSHEETS

**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 FWD, LINDY RIGHT)

- 1-2 Touch R toe forward, drop R heel
- 3-4 Touch L toe forward, 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 FWD, LINDY LEFT)

- 1-2 Touch L toe forward, drop L heel
- 3-4 Touch R toe forward, 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 (SHUFFLE FWD, ROCK FWD, SHUFFLE BACK, ROCK BACK)

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

### Section 4 (ROCK FWD, 1/4 TURN RIGHT SHUFFLE FWD, ROCK FWD, SHUFFLE BACK)

- 1-2 Rock R forward, recover L
- 3&4 1/4 turn right with shuffle RLR forward
- 5-6 Rock L forward, recover R
- 7&8 Shuffle back LRL

**Enjoy this Beginner dance!**

**Contact:** [suekorek@gmail.com](mailto:suekorek@gmail.com)

**Last Update:** 14 May 2025

---