

Soul Sweet

Count: 32

Wall: 4

Level: Beginner

Choreographer: Aurora de Jong (USA) & Robyn Womack (USA) - May 2025

Music: My Guy - Mary Wells

or: Boogie Shoes - KC and the Sunshine Band

or: I Heard It Through the Grapevine - Marvin Gaye

or: Turn Back the Hands of Time - Tyrone Davis

or: We Are Family - Sister Sledge

or: Fly Me to the Moon - Frank Sinatra



**This dance goes with many 'soul' and jazz tracks from R&B, Motown, and more!
Dance it with SOUL!**

Peppy tempos:

My Guy has a 16 count intro and 127 bpm

Fly Me To The Moon has a 16 count intro and 122 bpm

Boogie Shoes has a 16 count intro and 120 bpm

Medium tempos:

We Are Family has a 32 count intro (64 to the lyrics) and 118 bpm

Turn Back the Hands of Time has a 32 count intro and 117 bpm (needs tags - see note**)

I Heard It Through The Grapevine has a 32 count intro and 117 bpm

Slow, soulful tempo:

My Girl has a 16 count intro and 105 bpm

[1-8]: R and L scissor steps

- 1-2 Step R to right (1), step L to R (2)
- 3-4 Step R across L (3), hold (4)
- 5-6 Step L to left (5), step R to L (6)
- 7-8 Step L across R (7), hold (8)

[9-16]: ¼ right forward step touch, step back LR, big step back with L dragging R to L, rock R back/recover L

- 1-2 Step R forward, turning ¼ right to 3:00 (1), touch L to R (2)
- 3-4 Step L back (3), step R to L (4)
- 5-6 Big step back with L (5), drag R toward L (6)
- 7-8 Rock R back (7), recover to L (8)

[17-24]: R and L "Soul walks"

- 1-2 With body angled slightly left, so you're moving slightly forward at right diagonal: step R to right (1), step L across R while bending knees (2)
- 3-4 Step R to right while straightening knees (3), touch L to R (4)
- 5-6 Step L to left, turning body to right diagonal (5) (Now you'll be moving forward at the left diagonal), Step R across L while bending knees (6)
- 7-8 Step L to left while straightening knees (7), touch R to L (8)

[25-32]: Side step touches R and L, step R slightly right and bounce heels 3x

- 1-2 Step R to right, squaring up to 3:00 (1), touch L (2)
- 3-4 Step L to left (3), touch R (4)
- 5 Step R to right (5)
- 6-8 Bounce both heels up and down 3x (6, 7, 8)

****If using Turn Back The Hands of Time, repeat the last 8 counts of the dance on walls 2, 4, 5, 7, and 8**

When he sings “Turn Back the Hands of Time”, or it’s in the melody during the last 8 counts, you will repeat that 8 counts.

Questions? aurora.dejong@gmail.com or robynwo@hotmail.com

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