

# Soft and Only

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Michele Perron (CAN) - December 2010

Music: Just Like Heaven - Katie Melua : (Albums: Just Like Heaven Soundtrack - Or - Piece by Piece by Katie Melua)



Introduction: 32 Counts, once heavy beat kicks in. (Begin on lyrics "Show me how you do that trick...")

## Sec. I (1- 8) BACK-&-FORWARD, FORWARD-FORWARD-TURN-FORWARD, FORWARD-&BACK, BACK-&-TOGETHER

- 1&2 RIGHT Rock/Step back, LEFT Recover/Step forward (in place), RIGHT Step forward
- 3& LEFT Step forward, RIGHT Step forward
- 4& Execute full "Spiral" Turn L, turning on R Toe/ball, LEFT Step forward
- 5&6 RIGHT Step forward, LEFT Recover/Step back, RIGHT Step back
- 7&8 LEFT Step back, Turn 1/2 R with RIGHT Step forward, LEFT Step beside R (6 o'clock)

## Sec. II (9-16) SIDE-&-TOGETHER, BACK-&-TURN: REPEAT

- 1&2 RIGHT Rock/Step side R, LEFT Recover/Step side L (in place), RIGHT Step beside L
- 3&4 LEFT Rock/Step crossed behind R, RIGHT Recover/Step forward (in place), Turn 1/4 R with LEFT Step forward diagonal L (9 o'clock)
- 5&6 RIGHT Rock/Step side R, LEFT Recover/Step side L (in place), RIGHT Step beside L
- 7&8 LEFT Rock/Step crossed behind R, RIGHT Recover/Step forward (in place), Turn 1/4 R with LEFT Step forward diagonal L (12 o'clock)

## Sec.III (17-24) FORWARD-&-BACK-&, FORWARD-TURN-FORWARD, SWEEP, ACROSS-&-BEHIND, SWEEP, BEHIND-&-ACROSS

[Note: Counts 1&,2&,3&4 all face diagonal R]

- 1& RIGHT Rock/Step forward, LEFT Recover/Step back
- 2& RIGHT Rock/Step back, LEFT Recover/Step forward
- 3&4 RIGHT Step forward diagonal R, Turn 1/2 L with LEFT Step forward, RIGHT Step forward diagonal R (6 o'clock)
- 5& Sweep back to front with LEFT Step across front of R, RIGHT Step side R (face centre)
- 6& LEFT Step crossed behind R, RIGHT Sweep front to back
- 7&8 RIGHT Step crossed behind, LEFT Step side L, RIGHT Step across front of L

## Sec.IV (25-32) TURN, R TRIPLE SIDE, ACROSS-&-TURN, TURN, L TRIPLE SIDE, BACK-&-TURN

- &1&2 Turn 1/4 L with LEFT Step beside R, RIGHT 'Triple' side R (R side, L together, R side) (3 o'clock)
- 3&4 LEFT Rock/Step across front of R, RIGHT Recover/Step behind L (in place), Turn 1/4 L with LEFT Step forward (12 o'clock)
- &5&6 RIGHT Step beside L, LEFT 'Triple' side L (L side, R together, L side)
- 7&8 RIGHT Rock/Step back, LEFT Recover/Step forward, Turn 1/2 L with RIGHT Step back (6 o'clock)

## Sec.V (33-40) BACK-&-FORWARD, ACROSS-BACK-TOGETHER, FORWARD-&-FORWARD-TOUCH, BACK-&-BACK-TOUCH

- 1&2 LEFT Rock/Step back, RIGHT Recover/Step forward, LEFT Step forward
- 3&4 RIGHT Step across front of L, LEFT Step back, RIGHT Step beside L
- 5&6& LEFT Step forward, RIGHT Step beside L, LEFT Step forward, RIGHT Touch behind L
- 7&8& RIGHT Step back, LEFT Step beside R, RIGHT Step back, LEFT Touch in front of R

## Sec.VI (41-48) FORWARD, FORWARD, TURN, ACROSS-SIDE-ACROSS-SIDE. ACROSS-&-TURN, FORWARD-TURN-TURN

1&2            LEFT Step forward, RIGHT Step forward, Turn 1/4 L with LEFT Step side L (3 o'clock)  
3&            RIGHT Step across front of L, LEFT Step side L  
4&            RIGHT Step across front of L, LEFT Step side L  
5&6           RIGHT Rock/Step across front of L, LEFT Recover/Step back (in place), Turn 1/4 R with  
              RIGHT Step forward(6 O'clock)  
7&8           LEFT Step forward, Turn 1/2 R with RIGHT Step forward (in place), Turn 1/2 R with LEFT  
              Step back & beside R

### **Begin Again**

**Bridge: Four Counts: Bridge occurs after two rotations, facing 12 o'clock wall**

**NC2 STEP Basics: R BACK-RECOVER-SIDE, L BACK-RECOVER-SIDE**

1&2            RIGHT Rock/Step back, LEFT Recover/Step forward, RIGHT Step side R  
3&4            LEFT Rock/Step back, RIGHT Recover/Step forward, LEFT Step side L

**Ending: You will end facing front wall...and I like to add one RIGHT Step back & Pose.**

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