

# Soul

拍数: 32      墙数: 4      级数: improver  
编舞者: Julie Heinrichs-Heisner (USA) - May 2021  
音乐: Soul - Lee Brice



---

**S1: R Kick and out, L kick and out, heel , toe, ¼ turn kick, step**

1&2      kick RF forward - step RF next to LF - point LF out to LT  
3&4      kick LF forward - step LF next to RF - point RF out to RT  
5-6      R heel forward, L toe pick  
7-8      ¼ left, as you kick with your L foot, step L foot down

**S2: R scuff and hop onto both feet, ¼ turn heel bounces, L step, R heel toe swivel, R shuffle**

1-2      Scuff R foot and hop onto balls of both feet  
3-4      ¼ turn left as you do 2 heel bounces  
5 &6      Step L forward , R foot bring to left foot heel, toe swivel  
7-8      R shuffle forward

**S3: L ½ turn, L shuffle, full turn , R rock recover,**

1-2      Step L and pivot ½ turn  
3-4      Step L forward, step ball of R next to L,  
5-6      Step R making a full turn ending on the left foot  
7-8      step R forward and take weight then rock weight back onto L foot

**S4: R coaster step, L ¼ turn , cross and cross , ½ turn L**

1 &2      Step back R, step L back next to L step forward on R  
3-4      Step L forward and ¼ turn R,  
5&6      Step L foot over R, R lock behind; L crossover  
7-8      Set R foot out and turning left ½ turn step left

**Tag on the 4th wall after the first 14 counts, two stomps and then restart the dance**

**Last Update: 14 Jan 2023**

---