

I Sold My Soul

拍数: 32 墙数: 4 级数: Absolute Beginner/Beginner
编舞者: Glynn Rodgers (UK) - January 2025
音乐: Suit and Tie (Sixteen Tons) - Cooper Alan



Phrasing Restart after count 8 on wall 4.

Sadly this will not fit to Sixteen Tons by Tennessee Ernie Ford as there are 2 rogue counts which knock the whole phrasing out! For a completely different feel, try dancing to "Why Kiki?" by Iam Tongi and restart after 8 counts on wall 3 facing 6:00 instead of wall 4. This has a more mellow, jazzy feel to it - so replace counts 5-6 of sections 1&2 with steps rather than stomps. You can replace counts 1-4 of section 4 with a more swaying action - sway right, hold, sway left 1/4 turn, hold.

This also works as a great floor split for 3 Tequila Floor by Jo & Maddison. Thank you to Toni Holmes for the suggestion!

[1-8] Heel, Close, Heel, Close, Stomp, Stomp, Pigeon Toes.

- 1-2 Dig right heel forward, step right beside left.
- 3-4 Dig left heel forward, step left beside right.
- 5-6 Stomp forward right, stomp left beside right.
- 7-8 On balls of both feet, split heels apart, bring heels back to centre.

Restart here on wall 4 facing 3:00 – listen for the whistles

[9-16] Heel, Close, Heel, Close, Stomp, Stomp, Pigeon Toes.

- 1-2 Dig right heel forward, step right beside left.
- 3-4 Dig left heel forward, step left beside right.
- 5-6 Stomp forward right, stomp left beside right.
- 7-8 On balls of both feet, split heels apart, bring heels back to centre.

[17-24] Hand Bag Steps with Claps, Side, Close, Side, Close.

- 1-2 Step right to right side, touch left beside right & clap hands.
- 3-4 Step left to left side, touch right beside left & clap hands.
- 5-6 Step right to right side, close left to right.
- 7-8 Step right to right side, close left to right.

[25-32] Side, Hold, ¼ Turn, Hold, Run Forward.

- 1-2 Step right to right side, hold.
- 3-4 Turn ¼ left transferring weight to left foot, hold.
- 5-8 Run forward right-left-right-left.

Optional Ending – Wall 11 starts at 9:00 where the whistles happen again. Dance the first 6 counts up to the stomps – then twist your heels to the left turning ¼ right to face 12:00.

Last Update: 20 Mar 2025