

Heart Mind & Soul

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Advanced
编舞者: Janet Shipp (USA) - January 2025
音乐: Heart, Mind & Soul - El DeBarge



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, and making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

ROTATION 1 – PARTS 1, 2 & 3

ROTATION 2 – PARTS 1 & 2

ROTATION 3 – PARTS 1, 2 & 3

ROTATION 4 – PARTS 1, 1, 2 & 3 ON THE FRONT AND BACK WALLS THEN FINAL STEPS

PART 1: 16 COUNTS

KICK, STEP, LEFT BACK, LEFT OUT IN OUT, SAILOR KICK CROSS, RIGHT QUARTER TURN

1&2 3&4 Kick right, step on right, step left back, step left out in out

5&6& 7 8 Left sailor but for count 6 kick up left, step on left, cross right over turning quarter right, end on left

FACING 3:00 RIGHT COASTER KICK STEP, LEFT OUT AND LIFT, ROCK UP, QUARTER RIGHT TURN TRIPLE STEP

9&10&11&12& Right coaster but for count 2 kick up right, step on right, left out and lift, step on left

13&14 15&16 Rock up on right, recover on left making quarter right turn, triple in place RLR to face 6:00

REPEAT PART 1 THREE MORE TIMES TO END UP FACING THE FRONT

PART 2: 16 COUNTS

TRIPLE RIGHT SIDE STEP/LINDY, QUARTER LEFT TURN COASTER, LEFT OUT, STEP ON LEFT, CROSS AND CROSS, OUT AND CROSS

17&18 19&20 Side shuffle to right RLR, turning left coaster quarter turn left LR but on 4 left foot out to face 9:00

21&22 23&24 Cross left over right, step right, cross left, rock right on right, recover left, cross right over left

POINT LEFT QUARTER TURN, LEFT COASTER STEP, RIGHT LOCK STEP, LEFT SAILOR STEP

25 26 At 9:00, point left foot, pivot on right foot making quarter turn left weight ends on right facing 6:00

27&28 29&30 Left coaster step, right lock step forward

31&32 Left sailor step

REPEAT PART 2 THREE MORE TIMES TO END UP FACING THE FRONT

PART 3: 16 COUNTS ENDING AT BACK WALL

RIGHT TRIPLE UP, ROCK, RECOVER, TRIPLE BACK, ROCK, RECOVER

33&34 35 36 At 12:00 shuffle up RLR, rock up on left, recover on right

37&38 39 40 Shuffle back LRL, rock back on right, recover on left

KICK, STEP, HALF TURN LEFT, CONTINUOUS LEFT STEP TURNS

41&42 43 44 Kick right, step on right, step left foot behind right and complete half turn to left face 6:00

45 46 47 48 Step on right, turn left stepping on left, step on right, turn left complete half turn face 6:00

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com