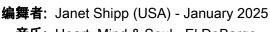
Heart Mind & Soul

拍数: 48

级数: Advanced



音乐: Heart, Mind & Soul - El DeBarge

墙数:2



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 44Kick right, step on right, step left foot behind right and complete half turn to left face 6:0045 46 47 48Step 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