

Soul Sweet

拍数: 32 墙数: 4 级数: Beginner
编舞者: Aurora de Jong (USA) & Robyn Womack (USA) - May 2025
音乐: My Guy - Mary Wells
或: Boogie Shoes - KC and the Sunshine Band
或: I Heard It Through the Grapevine - Marvin Gaye
或: Turn Back the Hands of Time - Tyrone Davis
或: We Are Family - Sister Sledge
或: Fly Me to the Moon - Frank Sinatra



This dance goes with many 'soul' and jazz tracks from R&B, Motown, and more!
Dance it with SOUL!

Peppy tempos:

My Guy has a 16 count intro and 127 bpm
Fly Me To The Moon has a 16 count intro and 122 bpm
Boogie Shoes has a 16 count intro and 120 bpm

Medium tempos:

We Are Family has a 32 count intro (64 to the lyrics) and 118 bpm
Turn Back the Hands of Time has a 32 count intro and 117 bpm (needs tags - see note**)
I Heard It Through The Grapevine has a 32 count intro and 117 bpm

Slow, soulful tempo:

My Girl has a 16 count intro and 105 bpm

[1-8]: R and L scissor steps

1-2 Step R to right (1), step L to R (2)
3-4 Step R across L (3), hold (4)
5-6 Step L to left (5), step R to L (6)
7-8 Step L across R (7), hold (8)

[9-16]: ¼ right forward step touch, step back LR, big step back with L dragging R to L, rock R back/recover L

1-2 Step R forward, turning ¼ right to 3:00 (1), touch L to R (2)
3-4 Step L back (3), step R to L (4)
5-6 Big step back with L (5), drag R toward L (6)
7-8 Rock R back (7), recover to L (8)

[17-24]: R and L "Soul walks"

1-2 With body angled slightly left, so you're moving slightly forward at right diagonal: step R to right (1), step L across R while bending knees (2)
3-4 Step R to right while straightening knees (3), touch L to R (4)
5-6 Step L to left, turning body to right diagonal (5) (Now you'll be moving forward at the left diagonal), Step R across L while bending knees (6)
7-8 Step L to left while straightening knees (7), touch R to L (8)

[25-32]: Side step touches R and L, step R slightly right and bounce heels 3x

1-2 Step R to right, squaring up to 3:00 (1), touch L (2)
3-4 Step L to left (3), touch R (4)
5 Step R to right (5)
6-8 Bounce both heels up and down 3x (6, 7, 8)

**If using Turn Back The Hands of Time, repeat the last 8 counts of the dance on walls 2, 4, 5, 7, and 8

When he sings “Turn Back the Hands of Time”, or it’s in the melody during the last 8 counts, you will repeat that 8 counts.

Questions? aurora.dejong@gmail.com or robynwo@hotmail.com

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