Hole in My Soul



拍數: 64 牆數: 4 級數: Intermediate

編舞者: Julie Carr (UK) - April 2017

音樂: Hole in My Soul - Kaiser Chiefs: (iTunes)



Section 1: KICK BALL POINT X2, FULL R TURN, ROCK BACK ON R, RECOVER FORWARD ON L

1&2 Kick forward right leg. recover on ball of right, point left out to left,

Repeat 1&2, kick with left leg, point right out to right,

5-6 Full turn to right travelling back .Make 1/2 turn over right shoulder stepping forward on R, 1/2

turn R as you step back left.

7-8 Rock back on Right, recover forward on Left . (12 o clock)

Section 2: FULL TURN LEFT ,FORWARD RIGHT SHUFFLE ,PIVOT 1/2 TURN RIGHT, L FORWARD SHUFFLE .

1-2 Full turn left travelling forward, make 1/2 turn left as you go back on right, make 1/2 turn left

as you go forward on left.

3&4 Forward Right shuffle (6 oclock)

5-6 Step forward on left, pivot 1/2 turn right weight on right.

7&8 Forward left shuffle . (6 o'clcock)

Section 3: PIVOT 1/4 TURN LEFT, CROSS SHUFFLE, SYNCOPATED SIDE ROCKS STEPS X2

1-2 Step forward on right a Pivot 1/4 turn left.

3&4 Right cross shuffle . cross R over L ,Step on L , cross R over L

5-6 Step left to left side, recover weight onto right side

& 7-8 Ball step L to R, step on R side , recover weight on side L

Section 4: 2 SIDE TOE TOUCHES R & L, 2 FORWARD HEEL SWITCHES R& L FORWARD WALK FORWARD R L.

Touch right toe to right, & switch to left toe point to left (weight now on right)

&3&4 step on left, Touch right heel forward, switch left heel forward

& 5&6. L ball step forward on left, step forward on right as you make 1/2 turn pivot turn left - weight

on L

7-8 Walk forward Right, Left

Re start ,Wall 2 , face 12 oclock

Section 5: TWO DOROTHY STEPS FORWARD R.L PIVOT 1/4 TURN LEFT, R CROSS SHUFFLE,

1-2 & Dorothy steps x two. Step forward on right lock left behind right, on & count replace weight

onto right.

3-4 & Step forward on left, lock right behind left on the & count replace weight onto left

5-6 Pivot a 1/4 turn left

7-8 Cross shuffle, R L R (6 o'clock)

Section 6: 1/2 HINGE TURNS X 2 CROSS SHUFFLES X 2

1-2 Make 1/4 turn right as you step back on left , make 1/4 turn right as you step forward on right

(12 o'clock).

3&4 left cross shuffle. cross L over Right, step on R, cross L over R

5-6 Make a 1/2 hinge turn. Step back on right as you make 1/4 left, you make 1/4 turn left as step

forward on left - 6 o'clock

7&8 Right cross shuffle, Cross R over left, step on left, Cross R over L

Section 7: SIDE ROCK RECOVER, BEHIND AND CROSS, STEP FORWARD X 2, STEP BACK X 2

1-2 Rock left to left side ,recover weight onto right

3&4 Step left behind right, step right to right, Cross L over R

5-6 Step forward R ,forward L . (optional knee rolls out)

7-8 Step Back R Back L, (6 o'clock)

Section 8: R SIDE TOGETHER ,R SIDE CHASSE, L CROSS ROCK RECOVER , LEFT 1/4 SHUFFLE TURN

1-2 Step right to R, slide L up to right (weight on left)

3&4 Right side chasse

5-6 Rock left over right on the diagnal, recover back on right 7&8 Shuffle 1/4 turn left, Shuffle forward on LRL (3 o clock

Re start's EASY, EVERY OTHER WALL FOR FIRST 6 WALLS. Then 64 counts all the way to end

Wall 2, 32 counts = Re start at 12 oclock Wall 4, 16 counts = Re start at 9 oclock Wall 6, 32 counts = Re start at 9 oclock

In all 3 Re starts, Music tells you ,don't be put off! enjoy

Optional! During intro

Get down with the kids !! jump or bounce up and down, arms in the air !!! PARTY !!!

Thank you to my lovely friends T&V for script check xx

Last Update - 24th June 2017