

Rhythm In My Soul!

拍數: 32 牆數: 2 級數: Low Intermediate
編舞者: Christine Steindl (AUT) - August 2017
音樂: Gotta Lot of Rhythm in My Soul - Niamh Lynn



Intro: 8 cts

[1-8] Diag Triple Step R, Diag Triple Step L, Back Triple Step R, 1/2 Triple Turn L

1&2 (1) step R diag forward, (&) step L next to right, (2) step R diag forward
3&4 (3) step L diag forward, (&) step R next to left, (4) step L diag forward
5&6 (5) step back R, (&) step L next to right, (6) step back R
7&8 (7) make 1/4 Turn L as you step L to left, (&) step R next to left, 9:00, (8) make 1/4 Turn L as you step L forward 6:00

[9-16] Vaudeville Step R, Vaudeville Step L, Side L, Flick R, Triple in Place R

1&2& (1) cross R in front of left, (&) step L back, (2) touch R heel forward, (&) step R next to left
3&4 (3) cross L in front of right, (&) step R back, (4) touch L heel forward
5-6 (5) step L to left, (6) flick R behind left leg,
7&8 (7) step in place R, (&) step L next to right, (8) step in place R

[17-24] Side Triple Step L, Sways R, L, 1/4 Triple Turn R, Step 1/4 Turn R

1&2 (1) step L to left, (&) step R next to left, (2) step L to left
3,4 (3) step R to right as you sway right, (4) sway left transferring weight to left
5&6 (5) make 1/4 turn R as you step R forward, (&) step L next to right, 9:00, (6) step R forward
7,8 (7) step L forward, (8) make 1/4 turn R (weight ends R) 12:00

[25-32] Toe Heel Step L, Ball Step R, Ball Step R, Rock Step R, 1/2 Turn R, Step R, Together L

1&2 (1) touch L toe next to right as you turn your L knee in, (&) touch L heel next to right, (2) step L forward
&3&4 (&) step R next to left, (3) step L forward, (&) step R next to left, (4) step L forward
5,6 (5) step R forward, (6) transfer weight back on to L
7,8 (7) make 1/2 Turn R as you step R forward, (8) step L forward 6:00

Repeat and have fun

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