

Soul

拍數: 64 牆數: 4 級數:
編舞者: TrebleThreat (CAN) - February 2023
音樂: Soul - Lee Brice



CCW, with one restart on the second wall
Start: After the first lyrics, "Your body's got me weak"

Side Weight Transfer, Weave

- 1-2 Side step right and step with L foot (weight transfer)
- &3-4 Bring R foot next to L (1st position), side step L and R step (weight transfer)
- 5&6&7&8 L foot behind R foot, step R foot out, bring L foot in front of R foot, bring R foot out to the side, L foot behind R foot and R foot out to the side and L foot comes in - WEAVE

Side Weight Transfer, Weave - Repeat but going to the left

- 1-2 Side step L and step with R foot (weight transfer)
- &3-4 Bring L foot next to R (1st position), side step right and L step (weight transfer)
- 5&6&7&8 R foot behind L foot, step L foot out, bring R foot in front of L foot, bring L foot out to the side, R foot behind L foot and L foot out to the side and R foot comes in - WEAVE

Rock, Cha Cha, Rock, Cha Cha

- 1-2 Slight Diagonal to your Left, Rock forward with R foot, step on L foot
- &3-4 Cha Cha to your right – step R foot, bring L foot in, step R foot out
- 5-6 Slight Diagonal to your right, Rock forward with L foot and step on R foot
- &7-8 Cha Cha to your left – step L foot, bring R foot in, step L foot out with weight on left foot

Feet Apart, Feet In

- 1-2 R foot step out (moving slightly forward), and flick L foot back behind R leg
- 3-4 L foot comes down (moving slightly forward), flick R foot back behind L leg
- 5-6 R foot comes down (moving slightly forward), flick L foot back behind R leg
- 7-8 L foot comes down (moving slightly forward), flick R foot back behind R leg

Optional: Each time foot is behind leg, tap foot with opposite hand)

Full Turn/Circle

- 1&2 starting with R foot, step together step turning to your right to make a circle
- 3&4 continue circle – starting with L foot, step together step
- 5&6 continue making circle starting with R foot step together step
- 7&8 complete circle - starting with L foot step together step

Full Turn/Circle:

- 1-2 with L foot staying in place, step R foot forward towards your L to begin a CCW circle and then hip roll from left to right
- 3-4 continue to make a circle, L foot stays in same spot but turns in the direction you are moving while you step forward with your R foot, then hip roll
- 5-6 continue to make a circle, R foot steps forward followed by hip roll left to right
- 7-8 complete circle with L foot in same place and stepping with R foot then hip roll left to right. Should be back at centre

Two Kicks, Coaster Step, Two Steps

- 1-2 Kick R leg, put R foot down
- 3 1/4 turn to L while kicking L leg
- 4&5 (coaster step) bring L foot back, bring R foot in next to L foot (1st position) and step forward with L foot

6 hold for one count
7-8 R step forward, L step forward

Kick, Jump, 2nd Position, Heel Swivels

1&2 Kick R foot while making a small leap forward bringing feet together and bending knees and placing hands on knees
3&4 jump out (2nd position) and then place hands on hips
5 swivel heels to the right
6 swivel heels to the left
7-8 bring right foot in and clap

Restart on 2nd wall on count 48, after the two circles
