S.O.U.L. Steppin'



拍數: 64 牆數: 4 級數: Intermediate

編舞者: Rob Fowler (ES)

音樂: Soul Steppin' - Will Downing



RIGHT CROSS, GRAPEVINE, SIDE ROCK, RECOVER, CROSS 1/4 TURN, 1/4 TURN

1-2	1-2	Cross step right foot over left, step to left on left foot
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3&4 Cross-step right foot behind left, step to left on left foot, cross-step right foot over left

5-6 Rock to left on left foot, recover weight onto right foot

7&8 Cross-step left foot over right, turn ¼ left stepping back onto right foot, turn ¼ left stepping to

left on left foot (6:00)

RIGHT & LEFT HEEL JACKS, CROSSING HEEL GRINDS RIGHT AND LEFT

Step right foot over left, step to left on left foot, touch right heel diagonally forward right

Step down onto right foot, cross-step left foot over right, step to right on right foot, touch left

heel diagonally forward left

& Step down onto left foot

5-6 Cross right heel over left, step to left on left foot as right foot turns out

& Step down onto right foot beside left

7-8 Cross left heel over right, step to right on right foot as left foot turns out

CROSS, BACK, ¼ TURN SHUFFLE, RIGHT & LEFT LOCK STEPS WITH ½ TURN LEFT

& Step down onto left foot beside right

1-2 Cross right foot over left, step back onto left foot 3&4 Turn ¼ right, shuffling forward right, left, right (9:00)

5-6 Step diagonally forward left on left foot, lock step right foot behind left

&7-8 Step diagonally forward left on left foot, step diagonally forward right on right foot, lock step

left foot behind right

& Turn ½ left on ball of right foot (3:00)

STEP LOCK & STEP LOCK, 1/4 TURN, SYNCOPATED VINE WITH TOUCH TO LEFT

1-2 Step diagonally forward left on left foot, lock step right foot behind left

&3-4 Step diagonally forward left on left foot, step diagonally forward right on right foot, lock step

left foot behind right

& Turn ¼ left on ball of right foot (12:00)

5-6 Step to left on left foot, cross step right foot behind left

&7-8 Step to left on left foot, cross step right foot over left, point left foot out to left side

BEHIND & CROSS & CROSS, TOUCH, BEHIND, FULL UNWIND, ROCK & CROSS

Cross step left foot behind right, step to right on right foot, cross step left foot over right Step to right on right foot, cross-step left foot over right, point right foot out to right side

5-6 Touch right foot behind left, full unwind

Rock to left on left foot, recover weight onto right foot, cross step left foot over right

STEP TO RIGHT, SLIDE & CROSS STEP, SAILOR ½ TURN, POINT ¼ TURN POINT

1-2 Large step to right on right foot, slide left foot towards right

&3-4 Step down onto left foot beside right, cross-step right foot over left, step to left on left foot

5&6 Right sailor ½ turn (6:00)7 Point left foot out to left side

& Turn ¼ right on ball of right foot, lifting left foot (9:00)

8 Point left foot out to left side

BEHIND, SIDE ROCK, RECOVER (X 4)(TRAVELING BACK)

As you rock to the side click fingers

1&2	Step left foot behind right, rock to right on right foot, recover weight onto left foot
3&4	Step right foot behind left, rock to left on left foot, recover weight onto right foot
5&6	Step left foot behind right, rock to right on right foot, recover weight onto left foot
7&8	Step right foot behind left, rock to left on left foot, recover weight onto right foot

LEFT COASTER, SKATE RIGHT, LEFT, RIGHT DIAGONAL SHUFFLE, LEFT DIAGONAL SHUFFLE

1&2	Step back on left foot, step on right foot beside left, step forward on left foot

3-4 Skate right foot forward, skate left foot forward

Step right foot diagonally to right, step left foot next to right, step right foot diagonally forward

7&8 Step left foot diagonally left, step right next to left, step left foot diagonally forward

REPEAT