

Heart & Soul

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Heart and Soul - Gisselle



Start dance 32 counts in.

S1: Point Turn Rock And Cross. Rock And Cross Ball Cross Step Side

- 1-2,3&4 Point R toe to R side, make 1/2 turn R stepping R next to L (monterey) rock L to L side, replace weight to R, cross L over R
5&6&7-8 Rock R to R side, replace weight to L, cross R over L, small step to L on ball of L foot, cross R over L, step L to L side (6)

S2: Right Sailor, Left Sailor 1/4 Step Turn Left. Pivot 1/2, Triple Full Turn

- 1&2,3&4 Right sailor step, left sailor step making 1/4 turn L (end the sailor turn by stepping fwd on L not to the side) (3)
5-6,7&8 Step fwd on R, pivot 1/2 turn L, triple full turn L travelling fwd (option, shuffle fwd R) (9)

S3: Mambo Fwd, Mambo Back, Extended Left Lock

- 1&2,3&4 Mambo fwd on L, mambo back on R
5&6&7&8 Leading with the L do L lock L lock L lock step fwd L (9)

S4: Step Side, Rock Back Replace, Step Side Rock Back Replace, 1/4 1/2 Coaster

- 1-2&3-4& Step R out to R side, rock back on L slightly behind R, replace weight to R, step L out to L side, rock back on R slightly behind L, replace weight to L.
5-6,7&8 Make 1/4 turn R stepping fwd on R, make 1/2 turn R stepping back on L, R coaster step (6)
(TAG here on wall 5)

S5: Walk Fwd L,R, Press Fwd L Replace, L Coaster, Pivot 1/4 Turn

- 1-4 Walk fwd L,R, press L fwd (option, rock fwd) replace weight to R
5&6,7-8 L coaster step, step fwd on R, pivot 1/4 turn L (3)

S6: Cross Shuffle, Side Rock Replace, Behind Side Step, Pivot 1/2

- 1&2,3-4 Cross shuffle R over L, side rock L to L side, replace weight to R
5&6,7-8 Cross L behind R, step R to side, step fwd on L, step fwd on R, pivot 1/2 turn L. (9)
(RESTART here on wall 2)

S7: Rock Fwd Replace, Lock Back X2, Rock Back Replace

- 1-2,3&4 Rock fwd on R, replace weight to L, R lock back,
5&6,7-8 L lock back, rock back on R, replace weight to L (9)

S8: Spiral Turn, Rock Fwd Replace, Coaster Step Walk X2

- 1-4 Step fwd on R, spin a full turn L (option step fwd, hold), rock fwd on L, replace weight to R (9)
5&6,7-8 L coaster step, walk fwd R,L

RESTART: There is a restart DURING wall 2. Dance up to & including all of section 6. You will be doing your 1/2 pivot turn to end up facing the 6 o'clock wall. Restart dance from the beginning here with the point turn.

TAG: DURING wall 5 the music fades out for 4 counts. Dance up to & including all of section 4. You will be facing the 6 o'clock wall. Do as follows:

- 1-4 Step fwd on L, hold for 3 counts. Start dance from beginning