

# If U Got Heart & Soul

拍數: 64      牆數: 4      級數: Improver  
編舞者: Ulrika Rapp (SWE) - September 2010  
音樂: Heart and Soul - Joe Jonas, Kevin Jonas & Nick Jonas : (CD: Camp Rock 2 - The Final Jam)



Start after approximately 32 Counts.

Restart during 2 wall at end of Section 3.

## Walk R, L, R, Side rock L, walk L, R, L, side rock R

1 2      Walk forward on right, walk forward on left  
3&4      Walk forward on right, Rock left to left side, recover to right  
5 6      Walk forward on left, walk forward on right  
7&8      Walk forward on left, Rock right to right side, recover to left

## Walk back R, L with hitch, R coasterstep, step turn ¼ R, L cross shuffle

1 2      Walk right back hitch left knee, walk left back hitch right knee  
3&4      Step right back, step left together, step right forward  
5 6      Step forward on left, turn ¼ right  
7&8      Cross step left over right, step right to right side, cross step left over right

## Turn ¼ L x 2, R cross shuffle, Step, Clap, Step, Clap

1 2      Turn ¼ left and step right back, turn ¼ left and step left forward  
3&4      Cross step right over left, step left to left side, cross step right over left  
5 6      Step left to left side, Step right next to left  
7 8      Step Left to left side, step right next to left

(Restart from here, during 2 wall)

## Back Rock, Toe Strut Right, Back Rock, Toe Strut Left

1 2      Rock back on right. Rock forward on left.  
3 4      Step right toe to right side. Drop right heel taking weight.  
5 6      Rock back on left. Rock forward on right  
7 8      Step left toe to left side. Drop left heel taking weight.

## Cross R behind L, unwind ½ R, L shuffle forward, R Syncopated Rocking Chair x2

1 2      Cross touch right behind left , unwind ½ right  
3&4      Step left forward. Close right beside left. Step left forward  
5&6&      Rock right forward. Recover onto left. Rock right back. Recover onto left.  
7&8&      Rock right forward. Recover onto left. Rock right back. Recover onto left

## Walk L & R back, L coasterstep, cross point x 2

1 2      Walk left back, walk right back  
3&4      Step left back, step right together, step left forward  
5 6      Cross step right over left. Point left to left side.  
7 8      Cross step left over right. Point right to right side.

## Jazz box with a 1/4 turn R, Step, Drag, 1/4 Turn Right, Knee In, out, in

1 2      Cross Right over left, step back on left  
3 4      Make a 1/4 turn right and step right to right side, touch left beside right  
5 6      Step left to left side. Drag right to touch beside left  
7&8      Make 1/4 turn right turning right knee in, out, in. (Weight stays on left.)

**R kick ball step fw x 2, step turn ½ L, prissy walks R & L**

1&2 Kick right forward, step back on right, step left slightly forward

3&4 Kick right forward, step back on right, step left slightly forward

5 6 Step right forward. Pivot 1/2 turn left

7 8 Cross right over left, Cross left over right.

**Thanx to my daughter Lisa for the music suggestion!**

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