

Soul Man

拍數: 32 牆數: 2 級數: Improver - WCS
編舞者: Pim van Grootel (NL) - January 2013
音樂: Soul Man - Sam & Dave : (Album: Soul Man - iTunes)



Start dancing on lyrics

WALKS 4X, SWIVEL FEET 4X

- 1 Step right forward
- 2 Step left forward
- 3 Step right forward
- 4 Step left forward
- 5 Step right to side
- & Right foot swivel to right and hitch left foot
- 6 Step left to side
- & Left foot swivel to left and hitch right foot
- 7 Step right to side
- & Right foot swivel to right and hitch left foot
- 8 Step left to side
- & Left foot swivel to left and hitch right foot

STEP SIDE, CROSS, SIDE, CROSS, SIDE, HIP MOVEMENT

- 1 Step right to side
- 2 Cross left behind right
- & Step right to side
- 3 Cross left over right
- 4 Step right to side
- 5&6&7&8 Bounce your hips from right to left and from left to right (make a full circle)

CROSS, SIDE, 2X, SAILOR STEP, TOO HELL TOO ½ TURN

- 1 Cross right over left
- 2 Step left to side and heel grind right foot
- 3 Cross right over left
- 4 Step left to side and heel grind right foot
- 5 Cross right behind left
- & Step left to side
- 6 Step right to side
- 7 Booth toes in and turn ¼ left
- & Booth heels out and turn ¼ left
- 8 Booth feet together in the middle

TOUCH AND BACK 2X, KICK BALL STEP, ROLL 3X

- 1 Touch right foot diagonally left forward
- 2 Step right foot back next left foot
- 3 Touch left foot diagonally right forward
- 4 Step left foot back next right foot
- 5 Kick right forward
- & Step right foot back next to left foot
- 6 Step left forward and roll with the hips
- 7 Roll hips down and up
- 8 Roll hips down and up

REPEAT

TAG: In the 6th wall after 20 counts - you do the next steps:-

1-8 Make with your right arm a half circle from left to right, In front of your body

9-16 Make with your left arm a half circle from right to left, In front of your body

You can also make your own creation with the arm movement.

Start the dance again with the walks

Sheet added - 19th Jan 2013
