

## Heart & Soul 64 Count, 4 Wall, Intermediate

Choreographer: Teresa & Vera (UK) July 09 Choreographed to: Heart & Soul by Gisselle (100bpm)

Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

Start dance 32 counts in.

<b>S1:</b> 1-2,3&4 5&6&7-8	Point Turn Rock And Cross. Rock And Cross Ball Cross Step Side 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 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)
<b>S2:</b> 1&2,3&4 5-6,7&8	<b>Right Sailor, Left Sailor 1/4 Step Turn Left. Pivot 1/2, Triple Full Turn</b> 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) Step fwd on R, pivot 1/2 turn L, triple full turn L travelling fwd (option, shuffle fwd R) (9)
<b>S3:</b> 1&2,3&4 5&6&7&8	Mambo Fwd, Mambo Back, Extended Left Lock Mambo fwd on L, mambo back on R Leading with the L do L lock L lock L lock step fwd L (9)
<b>S4:</b> 1-2&3-4& 5-6,7&8 <b>TAG</b> here o	<b>Step Side, Rock Back Replace, Step Side Rock Back Replace, 1/4 1/2 Coaster</b> 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. Make 1/4 turn R stepping fwd on R, make 1/2 turn R stepping back on L, R coaster step (6) n wall 5
<b>S5:</b> 1-4 5&6,7-8	Walk Fwd L,R, Press Fwd L Replace, L Coaster, Pivot 1/4 Turn Walk fwd L,R, press L fwd (option, rock fwd) replace weight to R L coaster step, step fwd on R, pivot 1/4 turn L (3)
<b>S6:</b> 1&2,3-4 5&6,7-8 <b>RESTART</b> h	Cross Shuffle, Side Rock Replace, Behind Side Step, Pivot 1/2 Cross shuffle R over L, side rock L to L side, replace weight to R Cross L behind R, step R to side, step fwd on L, step fwd on R, pivot 1/2 turn L. (9) here on wall 2
<b>S7:</b> 1-2,3&4 5&6,7-8	<b>Rock Fwd Replace, Lock Back X2, Rock Back Replace</b> Rock fwd on R, replace weight to L, R lock back, L lock back, rock back on R, replace weight to L (9)
<b>S8:</b> 1-4 5&6,7-8	<b>Spiral Turn, Rock Fwd Replace, Coaster Step Walk X2</b> Step fwd on R, spin a full turn L (option step fwd, hold), rock fwd on L, replace weight to R (9) L coaster step, walk fwd R,L
Dance up to You will be	There is a restart DURING wall 2. o & including all of section 6. doing your 1/2 pivot turn to end up facing the 6 o'clock wall. nce from the beginning here with the point turn.
	NG wall 5 the music fades out for 4 counts. o & including all of section 4. You will be facing the 6 o'clock wall. ws: Step fwd on L, hold for 3 counts. Start dance from beginning
Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA	