

Heart & Soul 32 Count, 4 Wall, Improver

Choreographer: Ingrind Kan (Taiwan) June 2011

Choreographed to: Rolling In The Deep by Adele

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Starts after 8 Counts

Side Shuffle Step R, Rock Back, Recover, Side Shuffle Step L, Rock Back, Recover

- 1&2 Step R foot to R side, Step together with L, Step R foot to R side
- 3-4 Rock back with L foot, Recover weight forward to R foot
- 5&6 Step L foot to L side, Step together with R, Step L foot to L side
- 7-8 Rock back with R foot, Recover weight forward to L foot

Heel (or Touch) Forward, Hook, Heel(or Touch)Forward, Flick, R COASTER (x2)

- 1&2& R Heel (or Touch)Forward , Hook ,R Heel (or Touch)Forward, Flick
- 3&4 Step right back, close left next to right, right step forward
- 5&6& R Heel (or Touch)Forward , Hook , R Heel (or Touch)Forward, Flick
- 7&8 Step right back, close left next to right, right step forward

Rock Chair, Back Rock Recover, Side Shuffle

- 1-4 R Cross Rock L Back Recover R Side Rock L Recover
- 5-6 R Back Cross Rock L, L Recover
- 7&8 Step RF To the right, LF close to RF, RF step To the right

L Shuffle turn L 1/4, 1/2, L Coaster, R Rock L Recover

- 1&2 ¼ Turn left & step LF forward, RF close to LF, LF step forward
- 3&4 Step RF forward, 1/2Turn left, LF close to RF, LF step forward
- 5&6 LF step back, RF step back together, LF step forward
- 7-8 RF Rock, Recover (weight on LF)

Have fun !

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