

Heart & Soul

32 Count, 4 Wall, Beginner

Choreographer: Liz Scholey (UK) April 2010

Choreographed to: Soul Limbo by Booker T
And The MGs

4 SLIDE STEPS FORWARD WITH DOUBLE HEEL TAPS.

- &1, 2 Slide right foot forwards, tap right heel twice.
- &3, 4 Slide left foot forward, tap left heel twice
- &5, 6 Slide right foot forward, tap right heel twice
- &7, 8 Slide left foot forward, tap left heel twice.

STEP BACK R, SLIDE BACK L TOGETHER, STEP BACK R, TAP L, REPEAT STARTING ON L

- 9, 10 Step back on right, slide left back to bring feet together, putting weight in the left,
- 11, 12 Step back on right, tap ball of left foot in place.
- 13, 14 Step back on left, slide right to bring feet together, putting weight on right,
- 15, 16 Step back on left, tap ball of right foot beside left.

POINT R TO R SIDE, SWING R TO POINT ACROSS, POINT R TO R SIDE, STEP TOGETHER, REPEAT ON LEFT.

- 17, 18 Point right to right side, swing right leg to point right across in front,
- 19, 20 Point right to right side, step right together.
- 21, 22 Point left to left side, swing left leg to point left across in front,
- 23, 24 Point left to left side, step left together.

GRAPEVINE R WITH 1/4 TURN, STEP L TOGETHER, L TOGETHER.

- 25, 26 Step right to right side, step left behind right,
- 27, 28 Step right to right side making 1/4 turn right, touch left beside right,
- 29, 30 Step left to left side, step right beside left,
- 31, 32 Step left to left side, touch right beside left.

Given the feel of the music, use as much hip movement as possible.