

## Heart And Soul

60 Count, 4 Wall, Beginner

Choreographer: Nathalie Lagache (FR) Aug 2012

Choreographed to: Heart And Soul by Wolfstone

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Start dancing on lyrics

**1 LEFT ROCKING CHAIR, STEP ½ TURN, CHA-CHA-CHA**

- 1-2 Rock left forward, recover to right
- 3-4 Rock left back, recover to right
- 5-6 Step left forward, turn ½ right (weight to right) (6:00)
- 7&8 Triple in place left-right-left

**2 RIGHT ROCKING CHAIR, STEP ½ TURN, CHA-CHA-CHA**

- 1-2 Rock right forward, recover to left
- 3-4 Rock right back, recover to left
- 5-6 Step right forward, turn ½ left (weight to left) (12:00)
- 7&8 Triple in place right-left-right

**3 LEFT VINE, RIGHT SWEEP, SIDE, CROSS, CROSS SHUFFLE**

- 1-2 Step left side, cross right behind left
- 3-4 Step left side, touch right together
- 5-6 Step right side, cross left behind right
- 7&8 Chassé side right-left-right

**4 STEP LEFT FLICK, RECOVER, RIGHT HOOK, RECOVER, ¼ TURN HEEL SWITCHES**

- 1-2 Step right forward, flick left back (touch hat with right hand)
- 3-4 Step left back, hook right over left
- 5-6 Step right forward, turn ¼ left (weight to left) (9:00)
- 7&8& Touch right heel forward, step right together, touch left heel forward, step left together (right & left hands up)

**5 HEEL STRUT, TOGETHER & STEP, SCUFF POINT TWICE, SAILOR STEP**

- 1-2 Step right heel forward, drop right toe
- &3-4 Step left together, step right forward, brush left forward
- 5-6 Touch left side, touch left side
- 7&8 Left sailor step

**6 HEEL STRUT, TOGETHER & STEP, SCUFF POINT TWICE, SAILOR STEP**

- 9-16 Repeat 1-8 (Section 5)

**7 STEP, TOUCH, RECOVER, BALL, HEEL, TOUCH & HEEL SWIVEL, HEEL SWITCHES**

- 1-2 Step right forward, touch left back
- &3-4 Step left together, step right together, touch left heel forward
- 5&6 Touch left forward, swivel left heel out, step left together
- 7&8 Touch right heel forward, step right together, touch left heel forward

**8 TOUCH TWICE, CROSS SHUFFLE**

- 1&2 Touch left back, touch left back
- &3&4 Step left together, cross right over left, chassé side left-right-left