

My Heart & Soul

62 count, 1 wall, intermediate/advanced level
Choreographer: Steve Mason (UK) May 2004
Choreographed to: You Can't Take It With You When
You Go by Rhonda Vincent, One Step Ahead CD
(95 bpm)

16 COUNT INTRO,

IN ORDER TO KEEP IN PHRASE WITH THE MUSIC, START THE DANCE WITH:

1-2 Step left foot to left side, touch right foot next to left foot

FORWARD TOUCH, RONDE 1 / 2 TURN, STEP, 1 / 2 TRIPLE TURN, ROCK BACK, RECOVER, SHUFFLE

1-2 Touch right toes forward, sweep right foot out & around making 1 / 2 turn right stepping on to right foot,

3&4 Continue turning right make 1 / 2 turn triple stepping left, right, left

5-6 Rock step back on right foot, recover weight to left foot,

7&8 Step forward on right foot, close left foot to right foot, step forward on right foot

FORWARD TOUCH, RONDE 1 / 2 TURN, STEP, 1 / 2 TRIPLE TURN, ROCK BACK, RECOVER, WALK, WALK

9-10 Touch left toes forward, sweep left foot out & around making 1 / 2 turn left stepping on to left foot

11&12 Continue turning left make 1 / 2 turn triple stepping right, left, right

13-14 Rock step back on left foot, recover weight to right foot,

15&16 Step forward on left foot, step forward on right foot

ROCK, RECOVER, 3 / 4 TRIPLE TURN, SIDE, BEHIND, VAUDEVILLE STEP

17-18 Rock step forward on left foot, recover weight to right foot,

19&20 Triple step left, right, left making 3 / 4 turn left,

21-22 Step right foot to right side, cross step left foot behind right foot,

&23 Step right foot to right side, touch left heel to left diagonal,

&24 Step left foot next to right foot, cross step right foot over left foot,

1 / 4 TURN, 1 / 4 TURN, FORWARD SHUFFLE, ROCK, RECOVER, FULL TURN

25-26 Step back on left foot making 1/4 turn right, step right to right side making 1/4 turn right

27&28 Step forward on left foot, close right foot to left foot, step forward on left foot,

29-30 Rock step forward on right foot, recover weight to left foot,

31-32 Make a full turn back stepping right, left

Easier option 31-32 walk back right left

1 / 2 TURNING SHUFFLE, CROSS, SIDE, SAILOR STEP, CROSS BEHIND, 1 / 2 UNWINDING TURN

33&34 Make 1 / 2 turn right stepping right, left, right,

35-36 Cross step left foot over right foot, step right foot to right side,

37&38 Cross step left foot behind right foot, step right foot to right side, step left foot to left side,

39-40 Cross step right foot behind left foot, unwind 1 / 2 turn right,

CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS TOUCH, SIDE TOUCH, 1 / 2 MONTEREY, SIDE TOUCH

41-42 Cross rock step left foot over right foot, recover weight to right foot,

43&44 Step left foot to left side, step right foot beside left foot, step left foot to left side,

45-46 Touch right foot over left foot, touch right foot to right side,

47-48 Make 1 / 2 turn right on ball of left foot stepping right foot next to left foot, touch left foot to left side

CROSS ROCK, RECOVER, 1 / 4 SHUFFLE, FORWARD, FORWARD ROCK, RECOVER, 1 / 2 TURN, FORWARD

49-50 Cross rock step left foot over right foot, recover weight to right foot,

51&52 Step left foot 1 / 4 turn left, close right foot to left foot, step forward on left foot

53-54 Step forward on right foot, rock step forward on left foot,

55-56 Recover weight to right foot, make 1 / 2 turn left stepping forward on left foot

FORWARD, 1 / 2 PIVOT TURN, FORWARD SHUFFLE, STEP SIDE, TOUCH

57-58 Step forward on right foot, pivot 1 / 2 turn left,

59&60 Step forward on right foot, close left foot to right foot, step forward on right foot,

61-62 Step left foot to left side, touch right foot beside left foot,

Begin dance again.....

To finish, dance up to count 18, replace counts 19&20 3 / 4 triple with a FULL triple turn left, then take a long step to the right on the last beat.

This dance is dedicated to Catherine Sykes.....
