

Rhythm In My Soul

IMPROVER

32 Count 4 Walls

Choreographed by: Derek Robinson

Choreographed to: Got a Lotta

Rhythm in My Soul by Niamh Lynn

Sec 1 HEEL STRUTS x 2, ROCKING CHAIR, HEEL STRUTS x 2, FORWARD ROCK, 1/2 TURN.

- 1 & 2 & Step right heel forward, drop toe, step left heel forward, drop toe.
3 & 4 & Rock forward on right, recover onto left, rock back on right, recover onto left
5 & 6 & Step right heel forward, drop toe, step left heel forward, drop toe.
7 & 8 Rock forward on right recover onto left, make ½ turn right stepping forward on right. (6.00)

Sec 2 CROSS ROCK, SIDE x 2, CROSS, SIDE, BEHIND, 1/4 TURN, STEP FORWARD.

- 1 & 2 Cross rock left over right, recover onto right, step left to left side.
3 & 4 Cross rock right over left, recover onto left, step right to right side.
5 - 6 Cross left over right, step right to right side.
7 & 8 Cross left behind right, make ¼ turn right stepping forward on right, step forward on left. (9.00)

(Restart here on wall 8 you will be facing 6.00)

Sec 3 OUT, IN, OUT, COASTER STEP, OUT, IN, OUT, COASTER 1/4 TURN.

- 1 & 2 Touch right to right side, touch right beside left, touch right to right side.
3 & 4 Step back on right, step left beside right, step forward on right.
5 & 6 Touch left to left side, touch left beside right, touch left to left side.
7 & 8 Make ¼ turn left stepping back on left, step right beside left, step forward on left. (6.00)

Sec 4 STEP, CLAP x 2, RUN, RUN, RUN, CLAP, ROCKING CHAIR, FORWARD ROCK, 1/4 TURN.

- 1 & 2 & Step forward right, clap, step forward left, clap.
3 & 4 & Run forward right, left, right, clap..
5 & 6 & Rock forward on left, recover onto right, rock back on left, recover onto right.
7 & 8 Rock forward on left recover onto right, make ¼ turn left stepping forward on left. (3.00)

Begin again.

Optional ending.

The dance ends after 4 counts in Sec 2 (facing the back). To finish the dance facing the front change counts 3&4 to:

- 3 & 4 "Rock forward on right recover onto left, make ½ turn right stepping forward on right". (12.00)
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