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Heart and Soul

32 Count, 4 Wall, Improver

Choreographer: Paul Lipinski (USA) Jan 2017

Choreographed to: Heart and Soul by The Four Aces
(Remastered)

Track: 2:12 min - 112 bpm

Intro: 16 count, 9 sec.

Section 1: Point Step x2, Fwd Rock-Recover, Shuffle 1/4 Turn

1-4 Point R, Step Fwd, Point L, Step Fwd
5-6 Rock Fwd on the R, Recover on the L
7&8 Shuffle 1/4 turn R (stepping R, L, R) 3:00

Section 2: Point Step x2, Fwd Rock-Recover, Shuffle 1/4 Turn

1-4 Point L, Step Fwd, Point R, Step Fwd
5-6 Rock Fwd on the L, Recover on the R
7&8 Shuffle 1/4 turn L (stepping L, R, L) 12:00

Section 3: Weave, Cross Rock-Recover, Shuffle 1/4 Turn

1-4 Cross R over L, Step L to L, Cross R behind L, Step L to L
5-6 Cross Rock R over L, Recover on L
7&8 Shuffle 1/4 turn R (stepping R, L, R) 3:00

Section 4: Paddle 1/8 x2, Fwd Rock-Recover, Coaster

1-4 Step L Fwd turn 1/8 R (Wt. R), Step L Fwd turn 1/8 R (Wt. R) 6:00
5-6 Rock Fwd L, Recover R
7&8 Step L back, Step R next to L, Step L Fwd

Repeat

Tag: Occurs on the 5th wall [facing front]

T1: Point Step Fwd x2, Point Step Back x2

1-4 Point R, Step Fwd, Point L, Step Fwd

5-8 Point R, Step Back, Point L, Step Back

Ending: Occurs on 7th wall (facing front) execute S1: and add

E2: Cross Rock-Recover, Shuffle 1/4 Turn, Point, Hold

1-2 Cross rock L over R, Recover R

3&4 Shuffle 1/4 turn L (stepping L, R, L)

5-6 Point R, Hold