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It's My Soul

32 Count, 2 Wall, Beginner

Choreographer: Nancy Rosera (US) May 2017

Choreographed to: It's My Soul by Lynn August

- Intro: 48 Count (Start On Vocals)**
- Section 1: Stomp, Hold, Sailor, Stomp, Hold, Sailor**
1 2 Stomp R, hold
3&4 L sailor L R L
5 6 Stomp R, hold
7&8 L sailor L R L
- Section 2: Rock, Recover, Behind, Side, Cross R&L**
1 2 Rock R to right, recover L
3&4 R behind L, L to left, cross R over L
5 6 Rock L to left, recover R
7&8 L behind R, R to right, cross L over R
- Section 3: Heel Switches, 1/4 Turn Left, 2x**
1&2& R heel fwd, step R, L heel fwd, step L
3 4 Fwd R, pivot 1/4 turn left
5&6& R heel fwd, step R, L heel fwd, step L
7 8 Fwd R, pivot 1/4 turn left
- Section 4: Lindy Right, Lindy Left**
1&2 Shuffle right R L R
3 4 Rock back L, recover R
5&6 Shuffle left L R L
7 8 Rock back R, recover L

Begin Again
