

SOUL WITH A CAPITAL S

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Count: — **Wall:** 1 **Level:** intermediate

Choreographer: The Lady In Black & Rob Fowler

Music: Soul With A Capital 'S' by Tower Of Power

Sequence: AB AB ABB, TAG, BAB

PART A

TOUCH & TOUCH & TAP, TAP, SIDE, RIGHT KNEE IN, OUT CROSS $\frac{1}{4}$ TURN

- 1&2&** Touch right next to left, step right in place, touch left next to right, left in place
- 3&4** Tap right next to left twice, touch right out to right side
- 5-6** Turn right knee in, turn right knee out
- 7&8** Cross right over left, step back on left, make $\frac{1}{4}$ turn right step right to side

ROCK RECOVER FULL TRIPLE TURN LEFT ROCK RECOVER SLIDE TOGETHER

- 9-10** Rock left over right, recover back onto right
- 11&12** Make $\frac{1}{4}$ turn left step forward left, make $\frac{1}{2}$ turn left back onto right, make $\frac{1}{4}$ turn left step left to left side
- 13-14** Rock right over left, recover back onto left
- 15-16** Take long step right, slide left to right (put weight onto left)

BRUSH, OUT, HOLD, & CROSS UNWIND HITCH HOLD & HEEL

- 17-18** Brush right foot next to left, step right out to right side
- 19&20** Hold, step left next to right, cross right over left
- 21-22** Unwind $\frac{1}{2}$ turn left, hitch left knee
- 23&24&** Hold, step left next to right, touch right heel forward, step right in place

SWITCH STEPS, COASTER STEP, STEP KICK, FLICK, TOUCH FORWARD SWING

- 25&26** Touch left heel forward, step left next to right, touch right heel forward
- 27&28** Right coaster step back, right left right
- 29&30** Step forward left, kick right foot forward, make $\frac{1}{4}$ turn left flick right heel back
- 31&32** Touch right toe forward, swing both heels out, then both heels in

TOUCH, BEHIND, TOUCH, IN FRONT, STEP RIGHT SIDE, CLAP, BEND KNEE RAISE ARMS

33&34 Touch right to right side, hook right foot behind left, touch to right side

On count 33&, 34& touch right heel with left hand

&35-36 Hook right in front of left, step right to right side, clap

On count 35&, 36& touch right heel with left hand

37-38 Bend knees twice as you raise right arm forward, left arm back twice

39-40 Bend knees twice as you raise left arm forward, right arm back twice

BOX STEP, STEP FORWARD ½ TURN MAKE ½ TURN LEFT TOUCH LEFT TO LEFT SIDE

41-42 Right cross over left, step back left

43-44 Step right to right side, step forward left

45-46 Step forward right, make ½ turn left

47-48 Make ½ turn left, touch right to right side, hold

SAILOR ¼ TURN MAKE ¼ TURN TOUCH, HALF TURN TOUCH, SWITCH STEP FULL MONTEREY HOLD

49&50 Cross right foot behind left, making ¼ turn right step left to left side, step right to right side

51-52 Turn ¼ right touch left to left side, ½ turn right touch left to left side

&53 Step left next to right, touch right to right side

54-55-56 Make full turn right stepping right next to left, touch left to left side, hold

HEEL JACKS STEP ½ TURN, ½ TURN DRAG TOUCH, KICK TOUCH SIT & UP

57&58& Cross left over right, step back right, touch left heel diagonally forward, step left next to right

59&60& Cross right over left, step back left, touch right heel diagonally forward, step right next to left

61-62 Step forward left make ½ turn right

63-64 Make ½ turn right step long step back left, touch right next to left

65&66 Kick right foot forward, step back on right, touch left toe forward

67-68 Sit on back leg (right) stand up

PART B

JUMP FORWARD HANDS UP, JUMP BACK HANDS DOWN, MAKE ¼ TURN LEFT X 4

&1-2 Step forward right, step left shoulder width apart, raise hands forward

Hands should be in air on count 1 and keep there for count 2

&3-4 Step back right, make ¼ turn left step left to left side, take hands down

&5-6- Step forward right, step left should width apart, raise hands forward

&7-8 Step back right, make ¼ turn left step left to left side, take hands down

&9-10 Step forward right, step left should width apart, raise hands forward

&11-12 Step back right, make ¼ turn left step left to left side, take hands down

&13-14 Step forward right, step left should width apart, raise hands forward

&15-16 Step back right, make ¼ turn left step left to left side, take hands down

APPLEJACKS & PIGEON TOES

17&18& Swivel right toe right & left heel right, recover, repeat opposite way

19&20 Swivel right toe right & left heel right, swivel left toe right & right heel right, swivel right toe right left heel to right

21-22 Swivel right toe left & left heel left, swivel right toe right, left heel right

23&24 Swivel right toe left & left heel left, swivel right heel left & swivel left toe left, swivel right toe left & left heel left

CROSS RIGHT OVER LEFT STEP BACK LEFT MAKE 1.¼ TURN RIGHT, MAKE ¼ TURN RIGHT SQUAT, PUMP CHEST

25-26 Cross right over left, step back on left

27&28 Make 1.¼ triple turn right, stepping right, left, right

29-30 Make ¼ turn right stepping left to left side in squat position step right next to left

31&32 Push chest forward, back, forward

KICK & CROSS ROCK STEP, BEHIND SIDE CROSS TWICE

33&34 Kick right foot diagonally right, step right next to left, cross left over right

35-36 Rock right to right side, recover to left

37&38 Cross right behind left, step left to left side, cross right over left

39&40 Kick left foot diagonally left, step left next to right cross right over left

41-42 Rock left to left side, recover to right

43&44 Cross left behind right, step right to right side, cross left over right

TAG

1-2-3-4 Step right slightly forward roll right knee twice to the right, step left diagonally left roll left knee twice to the left

5-6-7-8 Step right slightly forward roll right knee twice to the right, step left diagonally left roll left knee twice to the left

9-10 Step right slightly forward roll right knee twice to the right

11-12 Squat left to left side, step right together

13&14 Push chest forward, back, forward

15&16 Kick right foot diagonally right, step right next to left, cross left over right

17-18 Rock right to right side, recover to left

19&20 Cross right behind left, step left to left side, cross right over left

21&22 Kick left foot diagonally left, step left next to right cross right over left

23-24 Rock left to left side, recover to right

25&26 Cross left behind right, step right to right side, cross left over right