

Music To My Soul

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Cato Larsen , Jo Kinser & John Kinser (24.Sept 2015)

Music: Music To My Soul - Cee Lo Green. CD: Digital Download.

Intro: Start the dance at vocals after 8 counts of intro. (10 seconds).

Motion: Smooth (West Coast Swing).

[1 - 8] Walk forward, Sailor ½ turn, ½ Pivot turn, Back, Coaster Step.

- 1,2** Step forward right (1), Step forward left (2). 12:00
- 3&** Cross right behind left (3), Pivot ¼ turn right Stepping left next to right (&). 3:00
- 4** Pivot ¼ turn right Stepping slightly forward on right (4). 6:00
- 5,6** Pivot ½ turn right Stepping back on left (5), Step back on right (6). 12:00
- 7&8** Step back on left (7), Step right next to left (&), Step forward on left (8).

[9 - 16] Walk forward with Hip Bumps, Mambo Step, Long Step back with Drag.

- 1&** Touch ball of right foot forward and Bump hips forward right (1), Bump hips back (&).
- 2** Step forward on right (2).
- 3&** Touch ball of left foot forward and Bump hips forward left (3), Bump hips back (&).
- 4** Step forward on left (4).
- 5&6** Step forward on right (5), Rock (recover) back again onto left (&), Step back on right (6).
- 7,8** Step left long step back (7), Drag right foot next to left (8).

Restart: Restart from here on walls. 2, 5 & 8 (You will be facing 3:00, 9:00 & 3:00).

[17 - 24] ¼ turn Ball-Cross, Hold, & Cross & Cross, Side Press, Recover, Weave.

- &1,2** Step ball of right next to left (&), Pivot ¼ turn left Crossing left over right (1), Hold (2). 9:00
- &3** Step right slightly right side (&), Cross left over right (3).
- &4** Step right slightly right side (&), Cross left over right (4).
- 5,6** Press right foot to right side (5), Recover weight onto left (6).
- 7&8** Cross right behind left (7), Step left to left side (&), Cross right over left (8).

[25 - 32] Prep left, Prep right, ¼ turn into Chase ½ turn, Rock Step, Sweep, Sailor ¼ turn, Ball-Step.

- 1** Step left to left side Prepping upper body to left side (1).
- 2** Step right to right side Prepping upper body to right side (2).
- 3&** Pivot ¼ turn left Stepping forward on left (3), Step forward on right (&). 6:00
- 4** Pivot ½ turn left (4). 12:00
- 5,6** Step forward on right (5), Rock (recover) weight back again onto left (6).
- &** Sweep right foot out and back (&).
- 7&** Cross right behind left (7), Pivot ¼ turn right Stepping left next to right (&). 3:00
- 8&** Step right slightly forward (8), Step ball of left next to right (&).

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