

Rhythm In My Soul

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Count: 32 **Wall:** 4 **Level:** Beginner / Improver

Choreographer: Derek Robinson – April 2016

Music: Got a Lotta Rhythm in My Soul by Niamh Lynn. CD Single. iTunes & Amazon Mp3.(109 bpm)

One Restart after 16 counts on wall 8.

#16 count intro.

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.

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 $\frac{1}{4}$ turn left stepping forward on left. (3.00)

Begin again.

Optional ending.

The dance ends after 4 counts in Sec 2 (facing the back wall).

To finish the dance facing the front change counts 3&4 to:

3&4 Rock forward on right recover onto left, make $\frac{1}{2}$ turn right stepping forward on right.
(12.00)