

Heart Seoul

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

Choreographer: Gary Lafferty (SCO) - April 2026

SECTION 1: CHARLESTON, STEP FORWARD, ½ TURN, ¼ SIDE SHUFFLE

- 1-2 Touch Right foot forward, step back on Right foot
- 3-4 Touch Left foot back, step forward on Left foot
- 5-6 Step forward on Right foot, pivot ½ turn to Left (6:00)
- 7&8 Make ¼ turn Left stepping to Right on Right foot, step on Left foot beside Right, step to right on right foot (3:00)

SECTION 2 : ROCK BACK, RECOVER, LEFT KICK-BALL-CROSS; DIAGONAL ROCKING CHAIR

- 1-2 Rock back on Left foot, recover weight onto Right foot
- 3&4 Kick Left foot diagonally-forward Left, step down onto Left foot, cross-step Right foot over
- 5-6 Rock forward on Left foot (facing 1:30), recover weight back onto Right foot
- 7-8 Rock back on Left foot, recover weight onto Right foot

SECTION 3: STEP, 3/8 TURN, LEFT SHUFFLE; ROCK FORWARD, RECOVER, & HEEL, DOUBLE CLAP

- 1-2 Step forward on Left foot (facing 1:30), pivot 3/8 turn to Right foot (6:00)
- 3&4 Step forward on Left foot, step on Right foot beside Left, step forward on Left foot
- 5-6 Rock forward on Right foot, recover weight onto Left foot
- &7 Step back on Right, touch Left heel forward
- &8 Clap hands twice

SECTION 4: & ROCK FORWARD, RECOVER, ¾ TURN; ROCK FORWARD, RECOVER, COASTER

- &1-2 Step down onto Left foot, rock forward on Right foot, recover weight back onto Left foot
- 3&4 Triple ¾ turn over Right shoulder (3:00) stepping on Right-Left-Right
- 5-6 Rock forward on Left foot, recover weight back onto Right foot
- 7&8 Step back on Left foot, step on Right foot beside Left, step forward on Left foot

START AGAIN

MUSIC INTRO

The song starts immediately with the words “I could lift you up” ... start the dance on the word 'lift'. If you would like an mp3 file with a pre-recorded “5678” count-in then just contact me via email, WhatsApp or Messenger!

OPTIONAL BIG FINISH

At the end of wall 10, you will be facing the back wall (6:00), instead of doing the Left coaster, make a triple ½ turn over your Left shoulder to face the front, then step forward on the Right foot, ta-da!

NAME OF THE DANCE

This dance was choreographed in Amsterdam Airport during a long layover when I was flying to South Korea to attend the “Crazy In Linedance” event, hence the use of the word ‘Seoul’ rather than ‘Soul’

Last Update: 27 Apr 2026