

# If U Got Heart & Soul

LINEDANCE.COM

**Count:** 64      **Wall:** 4      **Level:** Improver

**Choreographer:** Ulrika Rapp (Sweden) Sept 2010

**Music:** Heart and soul by Jonas Brothers, CD: Camp Rock 2 – The final Jam

**Start after approximately 32 Counts.**

**Restart during 2 wall at end of Section 3.**

**Walk R, L, R, Side rock L, walk L, R, L, side rock R**

- 1 2      Walk forward on right, walk forward on left
- 3&4      Walk forward on right, Rock left to left side, recover to right
- 5 6      Walk forward on left, walk forward on right
- 7&8      Walk forward on left, Rock right to right side, recover to left

**Walk back R, L with hitch, R coasterstep, step turn ¼ R, L cross shuffle**

- 1 2      Walk right back hitch left knee, walk left back hitch right knee
- 3&4      Step right back, step left together, step right forward
- 5 6      Step forward on left, turn ¼ right
- 7&8      Cross step left over right, step right to right side, cross step left over right

**Turn ¼ L x 2, R cross shuffle, Step, Clap, Step, Clap**

- 1 2      Turn ¼ left and step right back, turn ¼ left and step left forward
- 3&4      Cross step right over left, step left to left side, cross step right over left
- 5 6      Step left to left side, Step right next to left
- 7 8      Step Left to left side, step right next to left

**(Restart from here, during 2 wall)**

**Back Rock, Toe Strut Right, Back Rock, Toe Strut Left**

- 1 2      Rock back on right. Rock forward on left.
- 3 4      Step right toe to right side. Drop right heel taking weight.
- 5 6      Rock back on left. Rock forward on right
- 7 8      Step left toe to left side. Drop left heel taking weight.

### **Cross R behind L, unwind ½ R, L shuffle forward, R Syncopated Rocking Chair x2**

- 1 2** Cross touch right behind left , unwind ½ right
- 3&4** Step left forward. Close right beside left. Step left forward
- 5&6&** Rock right forward. Recover onto left. Rock right back. Recover onto left.
- 7&8&** Rock right forward. Recover onto left. Rock right back. Recover onto left

### **Walk L & R back, L coasterstep, cross point x 2**

- 1 2** Walk left back, walk right back
- 3&4** Step left back, step right together, step left forward
- 5 6** Cross step right over left. Point left to left side.
- 7 8** Cross step left over right. Point right to right side.

### **Jazz box with a 1/4 turn R, Step, Drag, 1/4 Turn Right, Knee In, out, in**

- 1 2** Cross Right over left, step back on left
- 3 4** Make a 1/4 turn right and step right to right side, touch left beside right
- 5 6** Step left to left side. Drag right to touch beside left
- 7&8** Make 1/4 turn right turning right knee in, out, in. (Weight stays on left.)

### **R kick ball step fw x 2, step turn ½ L, prissy walks R & L**

- 1&2** Kick right forward, step back on right, step left slightly forward
- 3&4** Kick right forward, step back on right, step left slightly forward
- 5 6** Step right forward. Pivot 1/2 turn left
- 7 8** Cross right over left, Cross left over right.

### **Thank to my daughter Lisa for the music suggestion!**