

HEART & SOUL

LINEDANCE.COM

Count: 48

Wall: 4

Level: intermediate

Choreographer: Kristina Beeby

Music: Put Your Heart Into It by Sherrié Austin

Start dance on the word "Need"

¾ MONTEREY TURN

1-2 Touch right toe to right side, turn ¾ turn right on left foot & step right beside left

3-4 Touch left toe to left side, step left foot beside right

¼ MONTEREY TURN

5-6 Touch right toe to right side, turn ¼ turn right on left foot & step right beside left

7-8 Touch left heel forward, touch left toe back

1-2 Step left foot to left side, step right behind left

&3 Step left foot slightly back, step right foot across in front of left

4 Step left foot to left side

5&6 Step right foot behind left, step left foot to left side, step right across in front of left

7-8 Step left foot to left side, tap right foot beside left

1&2 Kick right foot forward, step ball of right foot beside left, step left foot forward

3&4 Kick right foot forward, step ball of right foot beside left, step left foot forward

5-6 Step right foot forward, pivot turn ½ turn left (weight onto left)

7-8 Stomp right beside left, stomp left (weight on left)

SAILOR SHUFFLES

1&2 Step right foot behind left, step left foot to left side, step right foot to right side

3&4 Step left foot behind right, step right foot to right side, step left foot to left side

5&6 Step right foot behind left, step left foot back at 45 degrees left, step right across left

7&8 Step left foot to left side, step right foot slightly back, step left across right

1-2 Step right foot to right side, step left foot behind right

3-4 Step right foot to right side turning $\frac{1}{4}$ turn right, step/rock left foot forward

5-6 Rock back on right, touch left back

7-8 Pivot $\frac{1}{2}$ turn left (weight onto left), hold & clap

1-4 Step right foot forward, hold, pivot turn $\frac{1}{2}$ turn left, hold

5-8 Step right foot forward, hold, pivot turn $\frac{1}{2}$ turn left, hold

REPEAT

On second wall do first 16 counts and then start dance still facing second wall. This only happens once.

To finish facing the front do a $\frac{1}{2}$ Monterey turn and $\frac{1}{4}$ Monterey turn touching left foot forward then together.