

# Heart & Soul

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** Beginner / Intermediate

**Choreographer:** Ingrid Kan (Jun 2011)

**Music:** Rolling In The Deep - Adele

**Starts after 8 Counts - No restart, no tag**

**Side Shuffle Step R, Rock Back, Recover, Side Shuffle Step L, Rock Back, Recover**

**1&2** Step R foot to R side, Step together with L, Step R foot to R side

**3-4** Rock back with L foot, Recover weight forward to R foot

**5&6** Step L foot to L side, Step together with R, Step L foot to L side

**7-8** Rock back with R foot, Recover weight forward to L foot

**Heel (or Touch)Forward, Hook, Heel(or Touch)Forward, Flick, R COASTER.( Repeat LF 5-8)**

**1&2&R Heel (or Touch)Forward , Hook ,R Heel (or Touch)Forward, Flick**

**3&4** Step right back, close left next to right, right step forward

**5&6&R Heel (or Touch)Forward , Hook ,R Heel (or Touch)Forward, Flick**

**7&8** Step right back, close left next to right, right step forward

**Rock Chair , Back Rock Recover, Side Shuffle**

**1-4R Cross Rock L Back Recover R Side Rock L Recover**

**5-6R Back Cross Rock L, L Recover**

**7&8** Step RF To the right, LF close to RF, RF step To the right

**L Shuffle turn L 1/4, 1/2, L Coaster, R Rock L Recover**

**1&2¼ Turn left & step LF forward, RF close to LF, LF step forward**

**3&4** Step RF forward, 1/2Turn left, LF close to RF, LF step forward

**5&6LF step back, RF step back together, LF step forward**

**7-8RF Rock, Recover (weight on LF)**

**Have fun !**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=83275](https://www.linedance.com/index.php?f=dance_view&id=83275)