

# HEART & SOUL

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**Count:** 64

**Wall:** 2

**Level:** intermediate

**Choreographer:** Gordon Timms

**Music:** You're My Heart, You're My Soul by Modern Talking

## TWO WALKS FORWARD, KICK BALL CHANGE, ROCK & RECOVER, RIGHT COASTER STEP

- 1-2 Walk forward right, walk forward left
- 3&4 Low kick forward with right foot, replace weight on right, step left next to right
- 5-6 Rock forward on right, recover on to left
- 7&8 Step back on right, step back left next to right, step forward on right (12:00)

## STEP FORWARD, PIVOT ½ TURN, ½ TURNING SHUFFLE, ¼ TURN, KICK CROSS BALL CHANGE

- 1-2 Step forward on left, pivot turn ½ turn right
- 3&4 Turning ½ turn right again, shuffle backwards left, right, left
- 5-6 Stepping right backwards, turning ¼ turn left, step left to left side
- 7&8 Low kick right foot diagonally across left, step right to right side, step left across right (9:00)

## SIDE, CLOSE, RIGHT CHASSE, CROSS ROCK, ¼ TURN LEFT, SAILOR STEP

- 1-2 Step right to right side, close left next to right
- 3&4 Right side chasse, slide stepping right, left, right
- 5-6 Cross rock left over right, recover on to right
- 7&8 Turn ¼ turn left, with a sailor step, stepping left, right, left (turn on 2nd step) (6:00)

## FULL TURN LEFT, RIGHT FORWARD SHUFFLE, ROCK & RECOVER, LEFT COASTER STEP

- 1-2 Stepping back on right, turn ½ turn left, turning ½ turn left, step left forward
- 3&4 Right forward shuffle, stepping right, left, right
- 5-6 Rock forward on left foot, recover back on to right
- 7&8 Step back on left foot, step right next to left, step forward on left (6:00)

**Restart here at 12:00 wall and at 6:00 wall**

## POINT TOUCH, SAILOR STEP IN SITU, POINT TOUCH, SAILOR STEP WITH ¼ TURN LEFT

- 1-2 Point right toe in front of left foot, point right toe out to right side
- 3&4 Step right foot behind left, step left to left side, step right next to left
- 5-6 Point left toe in front of right foot, point left toe out to left side
- 7&8 Turn  $\frac{1}{4}$  turn left, with a sailor step, stepping left, right, left (turn on 2nd step) (3:00)

### **ROCK & RECOVER, THREE $\frac{1}{4}$ TURNING TRIPLE STEP, ROCK & RECOVER, LEFT COASTER CROSS**

- 1-2 Rock forward on the right foot, recover on to left
- 3&4 Turning right execute a  $\frac{3}{4}$  turn with a triple step, right, left, right
- 5-6 Rock forward on the left, recover on to right
- 7&8 Step back on the left, step right next to left, cross step left over right (12:00)

### **SIDE ROCK & RECOVER, CROSSING RIGHT SHUFFLE, $\frac{1}{4}$ TURN TWICE, KICK BALL CHANGE**

- 1-2 Rock right foot out to right side, recover on to left
- 3&4 Crossing right shuffle, stepping right, left right
- 5-6 Stepping back on left, turn  $\frac{1}{4}$  right, turning  $\frac{1}{4}$  turn right, step forward on right
- 7&8 Low kick left foot forward, step left next to right, step right foot forward (6:00)

### **SIDE ROCK & RECOVER, KICK CROSS BALL CHANGE, ROCK & RECOVER, LEFT COASTER STEP**

- 1-2 Rock left foot out to left side, recover on to right
- 3&4 Low kick left foot diagonally across right, step left to left side, step right across left
- 5-6 Rock forward on left, recover on to right
- 7&8 Step back on left, step right next to left, step left forward (6:00)

**REPEAT**

**RESTART**

**The first time you start the dance at the 6:00 wall, dance through 32 counts to 12:00, and restart**

**Next time you start the dance at the 12:00 wall, dance through 32 counts to 6:00, and restart**