

# Heart and Soul

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

**Choreographer:** Paul Lipinski, Jan 04 - 2017

**Music:** Heart and Soul by The Four Aces (Remastered), [2:12 Min., ~112 bpm]

**Intro : 16 count, 9 sec.**

**S1: Point Step x2, Fwd Rock-Recover, Shuffle 1/4 Turn**

- 1-4            Point R, Step Fwd, Point L, Step Fwd
- 5-6            Rock Fwd on the R, Recover on the L
- 7&8            Shuffle 1/4 turn R (stepping R, L, R) 3:00

**S2: Point Step x2, Fwd Rock-Recover, Shuffle 1/4 Turn**

- 1-4            Point L, Step Fwd, Point R, Step Fwd
- 5-6            Rock Fwd on the L, Recover on the R
- 7&8            Shuffle 1/4 turn L (stepping L, R, L) 12:00

**S3: Weave, Cross Rock-Recover, Shuffle 1/4 Turn**

- 1-4            Cross R over L, Step L to L, Cross R behind L, Step L to L
- 5-6            Cross Rock R over L, Recover on L
- 7&8            Shuffle 1/4 turn R (stepping R, L, R) 3:00

**S4: Paddle 1/8 x2, Fwd Rock-Recover, Coaster**

- 1-4            Step L Fwd turn 1/8 R (Wt. R), Step L Fwd turn 1/8 R (Wt. R) 6:00
- 5-6            Rock Fwd L, Recover R
- 7&8            Step L back, Step R next to L, Step L Fwd

**Repeat**

**Tag: Occurs on the 5th wall [facing front]**

**T1: Point Step Fwd x2, Point Step Back x2**

- 1-4            Point R, Step Fwd, Point L, Step Fwd
- 5-8            Point R, Step Back, Point L, Step Back

**Ending: Occurs on 7th wall (facing front)**

**Execute S1: and add**

**E2: Cross Rock-Recover, Shuffle 1/4 Turn, Point, Hold**

**1-2** Cross rock L over R, Recover R

**3&4** Shuffle 1/4 turn L (stepping L, R, L)

**5-6** Point R, Hold

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