

EN CUERPO Y ALMA (IN BODY AND SOUL)

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Zandra Varnham

Music: En Cuerpo Y Alma by David Civera

ROCKS, CHASSE TWICE

- 1 Rock forward on right foot
- 2 Rock back onto left foot
- 3&4 Chasse right - step right to right side, step left next to right, step right to right side
- 5 Rock forward on left foot
- 6 Rock back onto right foot
- 7&8 Chasse left - step left to left side, step right next to left, step left to left side

CROSS, $\frac{3}{4}$ TURN, SHUFFLE, ROCKS TWICE, COASTER STEP

- 1 Cross step right foot over left
- 2 $\frac{3}{4}$ turn over left shoulder (weight stays on right)**
- 3&4 Shuffle forward on left - step left foot forward, bring right up to left foot, step forward on left foot
 - 5 Rock forward on right
 - 6 Rock back on left
 - 7&8 Back right coaster step - step right foot back, step left next to right, step forward on right

STEP, $\frac{1}{2}$ TURN, TRIPLE $\frac{1}{2}$ TURN, TRIPLE $\frac{1}{2}$ TURN, TRIPLE $\frac{1}{2}$ TURN

- 1 Step forward on left
- 2 $\frac{1}{2}$ turn over right shoulder**
- 3&4 Triple $\frac{1}{2}$ turn over right shoulder - stepping left, right, left
 - 5&6 Triple $\frac{1}{2}$ turn over right shoulder - stepping right, left, right
 - 7&8 Triple $\frac{1}{2}$ turn over right shoulder - stepping left, right, left

ROCKS TWICE, COASTER STEP, ROCKS TWICE, COASTER SIDE STEP

- 1** Rock forward on right foot
- 2** Rock back on left foot
- 3&4** Back right coaster step - step back on right, step back on left, step forward on right
- 5** Rock forward on left foot
- 6** Rock back on right foot
- 7&8** Back coaster side - step back on left, step right next to left, step left to left side

REPEAT