

# Heart & Soul

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**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Teresa & Vera (July 09)

**Music:** Heart & Soul by Gisselle (CD: 100bpm)

**Start dance 32 counts in.**

## **S1: Point Turn Rock And Cross. Rock And Cross Ball Cross Step Side**

**1-2,3&4** Point R toe to R side, make 1/2 turn R stepping R next to L (monterey) rock L to L side, replace weight to R, cross L over R

**5&6&7-8** Rock R to R side, replace weight to L, cross R over L, small step to L on ball of L foot, cross R over L, step L to L side (6)

## **S2: Right Sailor, Left Sailor 1/4 Step Turn Left. Pivot 1/2, Triple Full Turn**

**1&2,3&4** Right sailor step, left sailor step making 1/4 turn L (end the sailor turn by stepping fwd on L not to the side) (3)

**5-6,7&8** Step fwd on R, pivot 1/2 turn L, triple full turn L travelling fwd (option, shuffle fwd R) (9)

## **S3: Mambo Fwd, Mambo Back, Extended Left Lock**

**1&2,3&4** Mambo fwd on L, mambo back on R

**5&6&7&8** Leading with the L do L lock L lock L lock step fwd L (9)

## **S4: Step Side, Rock Back Replace, Step Side Rock Back Replace, 1/4 1/2 Coaster**

**1-2&3-4&** Step R out to R side, rock back on L slightly behind R, replace weight to R, step L out to L side, rock back on R slightly behind L, replace weight to L.

**5-6,7&8** Make 1/4 turn R stepping fwd on R, make 1/2 turn R stepping back on L, R coaster step (6)

**(TAG here on wall 5)**

## **S5: Walk Fwd L,R, Press Fwd L Replace, L Coaster, Pivot 1/4 Turn**

**1-4** Walk fwd L,R, press L fwd (option, rock fwd) replace weight to R

**5&6,7-8 L coaster step, step fwd on R, pivot 1/4 turn L (3)**

## **S6: Cross Shuffle, Side Rock Replace, Behind Side Step, Pivot 1/2**

**1&2,3-4** Cross shuffle R over L, side rock L to L side, replace weight to R

**5&6,7-8** Cross L behind R, step R to side, step fwd on L, step fwd on R, pivot 1/2 turn L. (9)

**(RESTART here on wall 2)**

**S7: Rock Fwd Replace, Lock Back X2, Rock Back Replace**

**1-2,3&4** Rock fwd on R, replace weight to L, R lock back,

**5&6,7-8 L lock back, rock back on R, replace weight to L (9)**

**S8: Spiral Turn, Rock Fwd Replace, Coaster Step Walk X2**

**1-4** Step fwd on R, spin a full turn L (option step fwd, hold), rock fwd on L, replace weight to R  
(9)

**5&6,7-8 L coaster step, walk fwd R,L**

**RESTART: There is a restart DURING wall 2. Dance up to & including all of section 6. You will be doing your 1/2 pivot turn to end up facing the 6 o'clock wall. Restart dance from the beginning here with the point turn.**

**TAG: DURING wall 5 the music fades out for 4 counts. Dance up to & including all of section 4. You will be facing the 6 o'clock wall. Do as follows:**

**1-4** Step fwd on L, hold for 3 counts. Start dance from beginning