

Heart and Soul

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Count: 60 **Wall:** 4 **Level:** Beginner - Country

Choreographer: Nathalie Lagache (July 2012)

Music: Heart and Soul / Wolfstone

Part 1 [1 - 8] L Rocking chair , Step Pivot ½ Turn, Cha Cha Cha

- 1-2 Rock fwd on L, recover onto R
3-4 Rock back on L, recover onto R
5-6 Step L fwd, pivot ½ turn to the right (6:00)
7&8 On Place, LRL

Part 2 [9 - 16] R Rocking chair , Step Pivot ½ Turn, Cha Cha Cha

- 1-2 Rock fwd on R, recover onto L
3-4 Rock back on R, recover onto L
5-6 Step R fd, pivot ½ turn to the left (12:00)
7&8 On place, RLR

Part 3 [17 - 24] L Vine, R Sweep , Side, Cross, Cross Shuffle

- 1-2L on the left, R behind L,**
3-4L on the left, touch R next to L & right sweep
5-6R on the R, L behind R
&7-8 Cross L beside R, shuffle on the right

Part 4 [25 - 32] Step L Flick , Recover,R Hook, Recover, Pivot ¼ turn, Heel Switches

- 1-2R fwd, Left flick (touch hat with right hand)**
3-4 Recover onto L, Right Hook
5-6R fwd, Pivot ¼ turn to the left (9:00)
7&8& Right heel fwd, recover weight onto R, left heel fwd, recover weight onto L (R& L hands up)

Part 5 [33 - 40] & Sect 6 [41 - 48] Heel Strut, Together & Step, Scuff, Point x2, Sailor Step

1-2R heel fwd, recover on R ball

&3-4L next to R (&), R fwd, L scuff

5-6L point on the left, L point on the left side

7&8L behind R, R on the right side, L on the left side

Part 7 [49 - 56] Step, Touch, recover, Ball, Heel, Touch & Heel swivel, Heel Switches

1-2R fwd, touch L behind R

&3-4 Reconvert onto L (&), R next to L, left Heel fwd

5&6 Touch left toe fwd (5) swivel heel out (&), swivel heel on place(6)

7&8R heel fwd, recover on R, L heel fwd

Part 8 [57 - 60] Touch x2, Cross Shuffle

1&2 Touch with R behind L, touch with L

&3&4 Recover onto L (&), Cross R over L, shuffle to the left

Contact: <http://libres-choregraphes.jimdo.com>