



BroncoBeat

Heart & Soul

Description: 64 count, 4 wall, intermediate linedance
Choreographed by: Teresa & Vera
Music: Heart & Soul, by Gisselle. On download from Itunes
Start time & BPM: Start dance 32 counts in. BPM 100

1. 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)

2. 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)

3. 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)

4. STEP SIDE, ROCK BACK REPLACE, STEP SIDE ROCK BACK REPLACE, 1/4 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)

5. WALK FWD L,R, PRESS FWD L REPLACE, L COASTER, PIVOT 1/4 TURN

- 1-2-3-4 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)

6. 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)

7. 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)



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8. SPIRAL TURN, ROCK FWD REPLACE, COASTER STEP WALK X2

1-2-3-4 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.
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	Restart dance from the beginning here with the point turn.
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Tag.	During wall 5 the music fades out for 4 counts. Dance up to & including all of section 4.
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You will be facing the 6 o'clock wall. Do as follows:

1-2-3-4 Step fwd on L, hold for 3 counts. Start dance from

beginning