

With Heart And Soul



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Choreographer: Claire Bell & Rob Fowler

Count: 32

Wall: 2

Level: High Beginner

Intro: 24 counts, from heavy beat start on the lyric "back"

Music: "Heart And Soul" by Cilla Black and Dusty Springfield

S1: Step, Lock, Step, Mambo ½ Turn, Hitch, ½ Turn, Hitch, Coaster Cross, Side Rock, Recover

1&2 Step forward on right, lock left behind right, step forward on right
3&4& Rock forward on left, recover weight on right, ½ turn left stepping forward on left, hitch right
5& ½ turn left stepping back on right, hitch left
6&7 Step back on left, step right next to left, cross left over right slightly
8& Rock right to right side, recover weight on left 12.00

RESTART 1 During Wall 4, restart here facing 6.00

S2: Behind, Side, Cross, Kick, Behind, Side, Cross, Kick, Jazz Box ¼ Turn Cross

1&2& Step right behind left, step left to left side, cross right over left, kick left on left diagonal
3&4& Step left behind right, step right to right side, cross left over right, kick right on right diagonal
5,6 Cross right over left, step back on left making ¼ right
7,8 Big stride stepping right to right side, cross left over right 3.00

S3: Rumba Box, Back Mambo, Scissor Step ¼ Turn

1&2 Step right to right side, step left next to right, step forward on right
3&4 Step left to left side, step right next to left, step back on left
5&6 Rock back on right, recover weight on left, step forward on right
7&8 Step left to left side, step right next to left, step forward on left making ¼ turn right 6.00

RESTART 2: During Wall 7, restart here facing 12.00

S4: Run Forward x3, Hitch, Run Back x3, Kick, Back, Kick, Back, Kick, Coaster, Step Forward

1&2& Run forward on right, left, right, hitch left
3&4& Run back on left, right, left, kick right forward
5&6& Step back on right, kick left forward, step back on left, kick right forward
7&8& Step back on right, step left next to right, step forward on right, step left slightly forward 6.00

Repeat

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