



Heart Body & Soul

Choreographer: Yvonne Anderson, Ira Weisburd & Ruben Luna

Level: Beginner

Count: 32

Wall: 4

Intro: 16 counts, start on vocals

Music: Far To Go – by Ronnie Beard

www.country-stafke.be

***NO TAGS !! NO RESTARTS !!**

PART I. (CROSS ROCK, RECOVER, L SIDE SHUFFLE; CROSS ROCK, RECOVER, R SIDE SHUFFLE)

1-2 Rock L across R, Recover weight on R
3&4 Step L to L, Step-close R beside L, Step L to L
5-6 Rock R across L, Recover weight on L
7&8 Step R to R, Step-close L beside R, Step R to R

PART II. (CROSS, SIDE, BEHIND, SWEEP, BEHIND, 1/4 L TURN, FORWARD, LOCK, STEP)

1-2 Step L across R, Step R to R
3-4 Step L Behind R, Sweep R out and around from front to back
5-6 Step R behind L, make 1/4 Turn L stepping L forward (9:00)
7&8 Step R forward, Step L behind R, Step R forward

PART III. (ROCK FORWARD, RECOVER, ROCK BACK, RECOVER; FORWARD, PIVOT 1/4 R, FORWARD, PIVOT 1/4 R)

1-2 Rock L forward, Recover weight on R
3-4 Rock L back, Recover weight on R
5-6 Step L forward, Pivot 1/4 Turn R (12:00)
7-8 Step L forward, Pivot 1/4 Turn R onto R (3:00)

PART IV. (CROSS, POINT, CROSS, POINT; CROSS, BACK, SIDE ROCK, RECOVER)

1-2 Step L across R, Point R toes to R
3-4 Step R across L, Point L toes to L (Note: Counts 1-4 travel forward)
5-6 Step L across R, Step R back
7-8 Rock L to L, Recover weight on R

Repeat

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