

HEART AND SOUL

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8832 Moorcroft Ave., West Hills, CA 91304

Music: "Heart and Soul", Floyd Cramer, Last Date: On the Rebound CD, Trk 12

Seq: Intro, A, B, A 1-8, INTER, A, B, A 1-12, TAG Time: 2:13 Release: May 2010

Rhythm & Phase: 2 Step Phase 2 Difficulty Level: Easy



INTRO

1-2 OP FCG WALL WAIT 2;-; APT PT; TOG TCH SCP;

1-2 In Op FCG Wall wait 2;; Apt L, -, pt R twd ptrn -; tog R, -, tch L SCP LOD, -;

PART A

1-4 2 FWD 2 STEPS;-; HITCH DBLE;-;

1-2 Fwd L, cls R, fwd L, -; fwd R, cls L, fwd R, -;

3-4 Fwd L, cls R, bk L, -; bk R, cls L, fwd R, -;

5-8 CIRCLE AWAY & TOG CP;-; 2 TURNING 2 STEPS SCP;-;

5-6 Circle away from ptrn fwd L, cls R, fwd L, -; circle twd ptrn fwd R, cls L, fwd R, -;

7-8 Sd and fwd L trng RF, cls R, bk L cont trng RF, -; bk R trng RF, cls L, fwd R trng to SCP LOD, -;

9-12 2 FWD 2 STEPS;-; CUT BK 2X; RK BK REC BFLY;

9-10 Fwd L, cls R, fwd L, -; fwd R, cls L, fwd R, -;

11-12 Cut LIFR, bk R, cut LIFR, bk R; rk bk L, -, rec R to BFLY Wall, -;

13-16 FACE TO FACE; BACK TO BACK; BASKETBALL TURN BFLY;-;

13-14 Sd L, cls R, sd L trng LF end fcg COH, -; sd R, cls L, sd R trng RF fcg Wall, -;

15-16 Lunge sd L, -, rec R trng RF, -; lunge thru L twd RLOD trng RF, -, cont trng rec R to fce ptrn, -;

PART B

1-4 LACE ACROSS; 2STEP FACE COH; SIDE CLOSE TWICE; SIDE THRU OP RLOD;

1-2 Join ld hands fwd L moving bhnd W, cls R, fwd L to LOP Fcg LOD, -; fwd R, cls L, fwd R trng to fce COH, -;

3-4 Sd L twd RLOD, cls R, sd L, cls R; sd L, -, thru R to OP RLOD, -;

5-8 LACE ACROSS; 2STEP FACE WALL; SIDE CLOSE TWICE; SIDE THRU SCP;

5-6 Join ld hands fwd L twd RLOD moving bhnd W, cls R, fwd L to LOP Fcg RLOD, -; fwd R, cls L, fwd R to fce Wall;

7-8 Sd L twd LOD, cls R, sd L, cls R; sd L twd LOD, -, thru R to BFLY Wall, -;

INTERLUDE

1-2 SIDE CLOSE 2X; SIDE THRU SCP;

1-2 Sd L, cls R, sd L, cls R; sd L, -, step thru R to SCP LOD, -;

TAG

1-2 TWRL VINE 2; APT PT;

1-2 BFLY sd L raise ld hands, -, XRIB, - (*W twirl RF L, -, R, - under ld hds to fce ptrn*); step apt L, -, pt R twd ptrn, -;