

# **Heart Body & Soul**

32 Count, 4 Wall, Beginner Choreographer: Yvonne Anderson (UK), Ira Weisburd and Ruben Luna (US) Oct 2019 Choreographed to: Far To Go by Ronnie Beard

**Genre: Country Line Dance** 

Introduction: 16 count instr., start on vocal @ approx. 11 sec.

\*No Tags!! No Restarts!!

S1 (Ci	ss Rock	. Recover.	L Side Shuffle:	: Cross Rock	. Recover	. R Side S	3huffle)
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- 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

#### S2 (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

### S3 (Rock Forward, Recover, Rock Back, Recover; Forward, Pivot ¼ R, Forward, Pivot ¼ 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)

### **S4** (Cross, Point, Cross, Point; Cross, Back, Side Rock, Recover)

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

## **Repeat Dance**







, 166 Lord Street, Southport, United Kingdom, PR9 0QA

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