



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 (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

S2 (Cross, Side, Behind, Sweep, Behind, ¼ 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 ¼ 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 ¼ Turn R (12:00)
7-8 Step L forward, Pivot ¼ 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
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 Dance



www.linedancerweb.com



[@LinedancerHQ](https://www.facebook.com/LinedancerHQ)



contact@linedancerweb.com



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

Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 charged at 10p per minute

Why not join us for your next line dancing holiday visit www.KingsHillDanceHolidays.com
