

HEART & SOUL

32 Counts Beginners 4 WALL LINE DANCE.

CHOREOGRAPHED BY: Liz Scholey of Pink Cadillacs

Music: "Soul Limbo" by Booker T and the MGs

Count, 1-8	4 SLIDE STEPS FORWARD WITH DOUBLE HEEL TAPS.
&1, 2	Slide right foot forwards, tap right heel twice.
&3, 4	Slide left foot forward, tap left heel twice
&5, 6	Slide right foot forward, tap right heel twice
&7, 8	Slide left foot forward, tap left heel twice.
9-16	STEP BACK R, SLIDE BACK L TOGETHER, STEP BACK R, TAP L, REPEAT STARTING ON L.
9, 10	Step back on right, slide left back to bring feet together, putting weight in the left,
11, 12	Step back on right, tap ball of left foot in place.
13, 14	Step back on left, slide right to bring feet together, putting weight on right,
15, 16	Step back on left, tap ball of right foot beside left.
17-24	POINT R TO R SIDE, SWING R TO POINT ACROSS, POINT R TO R SIDE, STEP TOGETHER, REPEAT ON LEFT.
17, 18	Point right to right side, swing right leg to point right across in front,
19, 20	Point right to right side, step right together.
21, 22	Point left to left side, swing left leg to point left across in front,
23, 24	Point left to left side, step left together.
25-32	GRAPEVINE R WITH ¼ TURN, STEP L TOGETHER, L TOGETHER.
25, 26	Step right to right side, step left behind right,
27, 28	Step right to right side making ¼ turn right, touch left beside right,
29, 30	Step left to left side, step right beside left,
31, 32	Step left to left side, touch right beside left.
	REPEAT.

Given the feel of the music, use as much hip movement as possible.