

Soul Man



Offizielle Tanzbeschreibung
*** BfCW Breitensportturnier 2020 ***

Description: 2 Wall, 32 Count, Non Country
Level: **Fortgeschrittene - Dance B**
Motion/Rhythm: Smooth - West Coast Swing
Music: Soul Man - Sam & Dave (113 BPM)
Choreographer: Pim van Grootel

Start: 32 counts intro, start with the lyrics (at 0:18)

4x: FORWARD WALKS / 4x: STEP SIDE w. SWIVEL FEETS

1,2,3,4 RF step forward, LF step forward, RF step forward, LF step forward,
5&6& RF step to R side, RF swivel to L and hitch LF, LF step to L side, LF swivel to R and hitch RF,
7&8& RF step to R side, RF swivel to L and hitch LF, LF step to L side, LF swivel to R and hitch RF,

SYNCOPATED SIDE WEAVE / BOUNCING HIP CIRCLE MOVEMENT

1,2&3,4 RF step to R side, LF cross step behind RF, RF step to R side, LF cross step over RF, RF step to R side,
5-8 on toes bouncing make a full hip circle,

2x SIDE HEEL GRINDS / SAILOR STEP / TOUCH-1/2 TURN L

1,2 R heel cross touch over LF, on R heel grind toe to R side as you step LF to L side,
3,4 R heel cross touch over LF, on R heel grind toe to R side as you step LF to L side,
5&6 RF cross step behind LF, LF step to L side, RF step to R side,
7,8 LF touch behind RF, turn 1/2 to L (6:00) stepping LF in place,

2x: DIAGONALLY CROSS TOUCHES-SIDE STEP / KICK-BALL-STEP / 2x: UP & DOWN HIP ROLL

1,2 RF cross touch diagonally to L-forward, RF step slightly to R side,
3,4 LF cross touch diagonally to R-forward, LF step slightly to L side,
5&6 RF kick forward, RF step slightly back, LF step forward and roll with hips
7-8 roll with hips 2x down and up,

REPEAT

*(In general the competition dance ends after 2 minutes,
the tag is only for social dancing and will not be used for the NCWTV competition 2020)*

TAG:

In the 6th wall after 20 counts - you do the following steps and restart:

HOLD w. R & L ARM MOVEMENT

1-8 hold and make with R arm a half circle from L to R in front of your body,
9-16 hold and make with L arm a half circle from R to L in front of your body,