



Music To My Soul

Choreographed by **Cato Larsen, Jo & John Kinser**
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Description: 32 counts, 4 Wall Line Dance.
Level: Intermediate.
Music: Music To My Soul – Cee Lo Green.
CD: Digital Download.
Intro: Start the dance at vocals after 8 counts of intro. (10 seconds).
Motion: Smooth (West Coast Swing).
Tempo: 106 BPM.
SOD: Speed of Dance; Normal.
Videolink:

1 – 8	Walk forward, Sailor ½ turn, ½ Pivot turn, Back, Coaster Step.	
1,2	Step forward right (1), Step forward left (2).	12:00
3&	Cross right behind left (3), Pivot ¼ turn right Stepping left next to right (&).	3:00
4	Pivot ¼ turn right Stepping slightly forward on right (4).	6:00
5,6	Pivot ½ turn right Stepping back on left (5), Step back on right (6).	12:00
7&8	Step back on left (7), Step right next to left (&), Step forward on left (8).	

9 – 16	Walk forward with Hip Bumps, Mambo Step, Long Step back with Drag.	
1&	Touch ball of right foot forward and Bump hips forward right (1), Bump hips back (&).	
2	Step forward on right (2).	
3&	Touch ball of left foot forward and Bump hips forward left (3), Bump hips back (&).	
4	Step forward on left (4).	
5&6	Step forward on right (5), Rock (recover) back again onto left (&), Step back on right (6).	
7,8	Step left long step back (7), Drag right foot next to left (8).	
Restart:	<i>Restart from here on walls. 2, 5 & 8 (You will be facing 3:00, 9:00 & 3:00).</i>	

17 – 24	¼ turn Ball-Cross, Hold, & Cross & Cross, Side Press, Recover, Weave.	
&1,2	Step ball of right next to left (&), Pivot ¼ turn left Crossing left over right (1), Hold (2).	9:00
&3	Step right slightly right side (&), Cross left over right (3).	
&4	Step right slightly right side (&), Cross left over right (4).	
5,6	Press right foot to right side (5), Recover weight onto left (6).	
7&8	Cross right behind left (7), Step left to left side (&), Cross right over left (8).	

25 – 32	Prep left, Prep right, ¼ turn into Chase ½ turn, Rock Step, Sweep, Sailor ¼ turn, Ball-Step.	
1	Step left to left side Prepping upper body to left side (1).	
2	Step right to right side Prepping upper body to right side (2).	
3&	Pivot ¼ turn left Stepping forward on left (3), Step forward on right (&).	6:00
4	Pivot ½ turn left (4).	12:00
5,6	Step forward on right (5), Rock (recover) weight back again onto left (6).	
&	Sweep right foot out and back (&).	
7&	Cross right behind left (7), Pivot ¼ turn right Stepping left next to right (&).	3:00
8&	Step right slightly forward (8), Step ball of left next to right (&).	