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## My Heart, My Soul

Count: 32 Wall: 4 - Level: Low Intermediate – 2 Restarts: in wall 4 and wall 7  
Choreo: Nina Skyrud (NOR), Rob Fowler (ES) & I.C.E. (ES) - September 2021  
Music: I Owe It All To You - Johnny Reid

**Intro: 32 counts.**

### **[1-8] Rock Fwd, Recover, Switch, Rock Fwd, Recover, Switch, Step, 1/4 R Turn Side, Recover, Cross Chasse**

1-2& Rock Right foot forward (1), Recover LF (2), Step Right ball next to Left (&  
3-4& Rock Left foot forward (3), Recover RF (4), Step Left Ball next to Right (&

**Restart here in wall 4 – (3:00)**

5 Step forward on Right (5) [12:00]

6& 1/4 R Turn, stepping LF to left side (6), Recover on RF (& [3:00]

7&8 Cross LF over RF (7), Step RF to right side (&), Cross LF over RF (8).

### **[9-16] Syncopated Weave, Cross Rock, Recover, 1/4 L Turn, Step 1/2 L Turn, Full L Turn**

1-2& Step RF a long step right (1), LF behind RF (2), Step RF to right side (&

3-4& Cross LF over RF (3), Recover on RF (4), Turn 1/4 L step LF fwd (&

5 Step Right foot forward (5) [12:00]

6& step LF fwd (6), 1/2 R Turn step RF fwd (& [6:00]

7-8& Step LF fwd (7), 1/2 L Turn step RFback (8), 1/2 L Turn step LF forward (&

**(None turning option for count 8&: Run forward Right (8), Left (&).)**

### **[17-24] 1/2 L Turn, Dorothy Step x2, Cross, 1/4 R Pivot Turn**

1-2 Step RF fwd (1), 1/2 L step LF fwd (2) [12:00]

3-4& Step RF diagonally to right fwd (3), Lock LF behind RF (4),  
Step RF diagonally fwd (&

5-6& Step LF diagonally fwd to left (5), Lock RF behind LF (6),  
Step LF diagonally fwd (&

7-8& Cross RF over LF (7), 1/4 R Turn step LF back (8),  
Step RF to right side (& [3:00]

### **[25-32] Fwd Rock, L Triple Full Turn, 1/4 L Turn, Big Step to right Side, Behind, Cross, Syncopated Weave 1/4 Turn**

1-2 Rock LF fwd (1), Recover on RF (2)

3&4 Make a triple Full Turn to L on the spot stepping L/R/L(3)(&)(4) [3:00]

**\*\*\* Restart here in wall 7 (after the instrumental) - (12:00)**

5-6& 1/4 L Turn step RF a long step to right (5), Cross LF slightly behind RF (6),  
Cross RF over LF (& [12:00]

7-8& Step LF to left side (7), Cross RF behind LF (8),  
1/4 L Turn step LF fwd (& [9:00].

**Option: Non turning option for count 3&4: Back Coaster Step.**

**RESTART: in Wall 4 – (3:00) – in Wall 7 – (12:00)**

**Start over!**

**For a nice ending facing the front:**

**Turn 1/4 L instead of a 1/2 L Turn on count 18 and Cross RF over LF.**

Quelle: <https://www.copperknob.co.uk>

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