

HEART, BODY AND SOUL – danced to:

Far To Go – Ronnie Beard (M)

Start on left foot, diagonally, cross left foot over right, recover onto right foot, then cha, cha, cha (left, right, left);

Diagonally, cross right foot over left, recover onto left foot, then cha, cha, cha (right, left, right);

Start weave to right: left foot over, right foot out, left foot behind, then swing right foot around behind you to the right while making a quarter turn to the left (this move takes two beats), step forward with left foot, then lock step starting and ending with right foot (weight should end up on right foot);

(Rocking chair) Rock forward on left foot, tap right foot, rock back on left foot and step down on right foot;

Make two quarter turns to the right starting by stepping forward on left foot, turn right, step on right foot, step forward on left, turn right and step onto right foot;

Diagonally, cross left foot over right and point right toe;

Diagonally, cross right foot over left and point right toe;

(Diagonal rocking chair) Diagonally, cross left foot over right, and tap right foot, step back on left foot diagonally, and rock back onto right foot.

Repeat.