



# WITH HEART AND SOUL (aka Cilla and Dusty)!

**Choreographers: Claire Bell (UK) & Rob Fowler & I.C.E. - September 2020**

**Counts: 32 - Walls: 2 - Level: High beginner (2 Restarts)**

**Music: Heart and Soul by Cilla Black and Dusty Springfield - BPM: 88 (approx.)**

**Intro: 24 counts from heavy beat (approx. 22 secs) start on the lyric "back"**

- S1 Step, Lock, Step, Mambo ½ Turn, Hitch, ½ Turn, Hitch, Coaster Cross, Side Rock, Recover**
- 1&2 Step forward on right, lock left behind right, step forward on right  
3&4& Rock forward on left, recover weight on right, ½ turn left stepping forward on left, hitch right  
5& ½ turn left stepping back on right, hitch left  
6&7 Step back on left, step right next to left, cross left over right slightly  
8& Rock right to right side, recover weight on left 12.00
- RESTART 1 During Wall 4, restart here facing 6.00**
- S2 Behind, Side, Cross, Kick, Behind, Side, Cross, Kick, Jazz Box ¼ Turn Cross**
- 1&2& Step right behind left, step left to left side, cross right over left, kick left on left diagonal  
3&4& Step left behind right, step right to right side, cross left over right, kick right on right diagonal  
5,6 Cross right over left, step back on left making ¼ right  
7,8 Big stride stepping right to right side, cross left over right 3.00
- S3 Rumba Box, Back Mambo, Scissor Step ¼ Turn**
- 1&2 Step right to right side, step left next to right, step forward on right  
3&4 Step left to left side, step right next to left, step back on left  
5&6 Rock back on right, recover weight on left, step forward on right  
7&8 Step left to left side, step right next to left, step forward on left making ¼ turn right 6.00
- RESTART 2 During Wall 7, restart here facing 12.00**
- S4 Run Forward x3, Hitch, Run Back x3, Kick, Back, Kick, Back, Kick, Coaster, Step Forward**
- 1&2& Run forward on right, left, right, hitch left  
3&4& Run back on left, right, left, kick right forward  
5&6& Step back on right, kick left forward, step back on left, kick right forward  
7&8& Step back on right, step left next to right, step forward on right, step left slightly forward 6.00
- Start Over**