

Rhythm In My Soul

Count: 32 Wall: 4 Level: Improver

Choreographer: Frank Heelan (Ireland) February 2023

Music: Gotta Lot Of Rhythm By Niamh Lynn

Sec 1 Charleston step right, side together, coaster step.

1-2 Touch right forward, step right behind.

3-4 Touch left behind, step forward left.

5-6 Step right to right, step left together.

7&8 Step back right, left together, forward right. (12.00)

Sec 2 Charleston step left, side together, shuffle forward.

1-2 Touch left forward, step left behind.

3-4 Touch right behind, step forward right.

5-6 Step left to left, step right together.

7&8 Step forward left, right together, forward left.

Sec 3 Rock recover, shuffle ½ turn, cross & heel & cross & heel.

1-2 Rock forward on right, recover to left.

3&4 Turn ¼, right step right to right, left together, turn ¼ right step forward right.(6.00)

5&6& Cross left over right, step right to right, dig left heel to left diagonal, step down on left.

7&8 Cross right over left, step left to left, dig right heel to right diagonal.

Sec 4 & cross side, sailor ¼ turn, pivot ¼ , pivot ¼ .

&1-2 Step down on right, cross left over right, step right to right.

3&4 Turn ¼ left sweeping left behind right, step right to right, step left to left. (3.00)

5-6 Step forward right pivot ¼ left. (12.00)

7-8 Step forward right pivot ¼ left. (9.00)

Restart after 16 counts of wall 8 facing 3.00

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