

MATES OF SOUL

Guillaume Richards, Niels Poulsen, Gary O'Reilly, April 2018

Music: The Mates of Soul

64 Counts – 2 Wall – Advanced

Intro: Start on the 2nd «Honey» (1 second into track !!!). Start with weight on L foot.

***1st Restart: On wall 2 (starts at 6:00), do the first 32 counts and add an &-count stepping L next to R to Restart the dance facing 12:00**

***2nd Restart: On wall 6 (starts at 6:00). Do the first 16 counts and Restart the dance facing 6:00**

[1 – 9] Monterey Turn, Sweep, Weave, Hitch, Behind ball Step, Kick Ball Step

1 – 3 Point R to R side (1), Turn 1/2 R stepping R next to L (2), sweep L from back to front (3) 6:00
4&5 Cross L over R (4), Step R to R side (&), Cross L behind R (5) 6:00
6&7 Sweep or Hitch R from front to back (6), cross R behind L (&), Step L to side 6:00
8&1 Kick R fwd going up on ball of L (8), Step R down and next to L (&), Step L fwd (1) 6:00

[10 – 16] Shorty George, Rock Step, Together, 1/2 turn Step, Triple Full Turn, Together, Back R

2&3 – 4 Step R fwd (2), Step L fwd (&), Rock R fwd (3), Recover on L (4) 6:00
&5 Step R next to L (&), Turn 1/2 L stepping LF fwd (5) 12:00
6&7 Turn 1/2 L stepping back R (6), Turn 1/2 L stepping L fwd (&), Step R fwd (7) 12:00
8& Step L next to R (8), Step back R (&) * 2nd restart here, on wall 6, facing 6:00 12:00

[17 – 24] Big step back L, Drag, Ball Step, ¼ L Side Step R, Cross & Hitch, Behind Side Cross

1 – 2 Step L a big step back (1), Drag R next to L (2) 12:00
&3 – 4 Step R next to L (&), Step L fwd (3), Turn ¼ L stepping R to R side (4) 9:00
5 – 6 Cross L behind R and Hitch R knee (5), Make 1/2 circle from front to back with R knee (6) 9:00
&7 – 8 Cross R behind L (&), Step L to L side (7), Cross R over L (8) 9:00

[25 – 32] Ball Step with 1/8 L, Toe Strut & Hip Bump, Step 3/8 L, Rock, Hitch, Behind, Point L

&1 Turn 1/8 R stepping L to L side (&), Step R next to L 10:30
2&3 Touch L toes fwd (weight on R) and bump hips fwd (2), Bump hips back (&), Step on L (3) 10:30
4&5 Step R fwd (4), Turn 3/8 L stepping on L (&), Rock R fwd (5) 6:00
6 - 7 - 8 Recover on L hitching R knee (6), Cross R slightly behind L (7), Point L to L side (8) *1st restart here, on wall 2, facing 12 :00 (see top of step sheet for detailed explanation) 6:00

[33 – 40] Ball Step Diagonally, Step & Hitch, Fwd R, L Mambo Step, Drag, Ball Step, 1/8 Mambo

&1-2 Step L next to R (&), Turn 1/8 R stepping R fwd (1), Step L next to R Hitching R knee (2) 7:30
3 - 4& Step R fwd (3), Rock L fwd (4), Recover on L (&) 7:30
5 – 6 Step back L (5), Drag R next to L (6) 7:30
&7-8& Step R next to L (&), Step L fwd (7), Turn 1/8 L rocking R to R side (8), Recover on L (&) 6:00

[41 – 48] Cross, Hold & Cross, 1/2 turn Cross Shuffle, Mambo Cross x2

1 - 2&3 Cross R over L (1), HOLD (2), Step L to L side (&), Cross R over L (3) 6:00
4&5 Turn 1/4 L stepping L fwd (4), Turn 1/4 L stepping R next to L (&), Cross L over R (5) 12:00
6&7 Rock R to R side (6), Recover on L (&), Cross R over L (7) 12:00
&8& Rock L to L side (&), Recover on R (8), Cross L over R (&) 12:00

[49 – 56] R side rock, ¼ L & Flick, Fwd R, Step Lock Step, Rocking Chair with 1/4 turn

1 - 2 - 3 Rock R to R side (1), Turn ¼ L stepping L next to R and Flick R back (2), Step R fwd (3) 9:00
4&5 Step L fwd (4), Cross R behind L (&), Step L fwd (5) 9:00
6&7& Rock R fwd (6), Recover on L turning 1/8 L (&), Rock R back (7), Recover on L turning 1/8 L 7:30
8& Rock R fwd (8), Recover on L 6:00

[57 – 64] Side R, Touch, Point, Hold, Back Rock Side, Side L, Touch, Point, Hold, Back Rock

1 – 2a Step R to R side (1), Touch L behind R (2), Point L to L side (a) 6:00
3 - 4& HOLD (3) - Rock L behind R (4), Recover on R (&) 6:00
5 - 6a Step L to L side (5), Touch R behind L (6), Point R to R side (a) 6:00
7 - 8& HOLD (7) - Rock R behind L (8), Recover on L (&) 6:00

Ending : Wall 7 is your last wall (starts at 6:00). Finish the whole dance to end facing 12:00 again 12:00

Guillaume Richard: cowboy_gs@hotmail.fr

Niels Poulsen: nielsbp@gmail.com

Gary O'Reilly: oreillygary1@eircom.net