

My Soul Education

Description: 32 count – 4 wall line dance Level: Intermediate Lead: Start on vocals
Suggested Music: “Soul Education” (112 bpm) by Jamiroquai Album: Synkronized
“Get Into The Groove” (116 bpm) by Madonna
Choreographers: Michael Barr, Corning, California, USA
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&1 – 8 BACK, WALK X 3 (L R L), KICK – BALL-CHANGE-STEP, STEP, 1/4 TURN, CROSS

& 1-2-3 (&) Small step back on ball of Right foot (push off ball of R to start the walks); Walk forward 1-3: L R L
4 & 5-6 (4) Kick Right foot forward; (&) Small step back on ball of Right foot; (5) Step forward on Left foot;
(6) Step Right foot forward
7 & 8 (7) Step forward on Left foot; (&) Turn ¼ right taking weight right;
(8) Step Left foot across in front of right

9 - 16 1/4 TURN TOUCH, STEP, LOCK STEP – SYNCOPATED LOCK STEPS

1 – 2 Turn ¼ right touching Right toe forward; Step Right foot forward
Note: You can take both counts to fully complete the ¼ turn
3 & 4 Step Left foot forward; Step Right foot behind left (lock); Step Left foot forward
5 & 6 & (5) Step Right foot forward; (&) Step Left foot behind left (lock);
(6) Step Right foot forward; (&) Step Left foot forward
7 & 8 Step Right foot behind left (lock); Turn ¼ right stepping Left foot in place; Step Right foot forward

17 - 24 STEP, KICK, BALL-CHANGE-STEP – LOCK STEP FORWARD, STEP 1/2 PIVOT

1 – 2 Small step forward on Left foot; Kick Right foot side right
& 3 – 4 Step ball of Right next to left; Step Left foot forward; Step Right foot forward
5 & 6 Step Left foot forward; Step Right foot behind left (lock); Step Left foot forward
7 – 8 Step Right foot forward; Pivot ½ left taking weight onto Left foot
Note: If you like try a “Shorty George” for counts 1-2-&-3-4. I keep watching people do this step and hope to one day be able to look good doing it. Without being an expert I see and feel the step like this: After count 2, step onto the right foot for the ‘&’ count and bend the knees slightly, keeping them close together, angled slightly left as you step forward for count 3. Switch the diagonal for your step forward on count 4, keeping the bend in the knees. Let’s keep practicing!!!

25 - 32 STEP, LIFT, TRIPLE FORWARD – STEP, LIFT, TRIPLE 1/2 TURN

1 – 2 Step Right foot forward; Lift Left foot next to right calf (*turn slightly right & push your ‘bum’ back a little*)
3 & 4 Step Left foot forward on right diagonal; Step on ball of Right next to left, turning slightly to the left;
Step Left foot forward on left diagonal (*3 & 4 will resemble a twinkle*)
Note: Keep the diagonal slight and going forward.
5 – 6 Step Right foot forward; Lift Left foot next right calf (*turn slightly right and push your ‘bum’ back a little*)
7 & 8 Step Left foot forward (*prep for ½ turn left*); Turn ½ left stepping back on right foot;
Take a small step back on Left foot

Note: Keep thinking ‘back’ because the first step of the dance is your small back step.

LET’S DANCE IT AGAIN!!!