

Mates of Soul

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Type of dance: 64 counts, 2 walls

Level: Intermediate/advanced

Music: **The Mates Of Soul** by Taylor John Williams (Remastered), buy on iTunes. 3.59 mins.

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

1 restarts: On wall 2, do the first 32 counts and add & : Step L next to R to restart the dance.
On wall 6, do the first 16 counts and restart the dance

| Counts | Footwork | End facing |
|----------------|---|------------|
| 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 L 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 | Hitch R from front to back (6), cross R behind L (&), Step L fwd | 6:00 |
| 8&1 | Kick R fwd (8), Step R next to L on ball (&), 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 (&) * 2 nd restart here, on wall 6, facing 12:00 | 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 |
| | START AGAIN! | |