

Do It With Soul

Count: 48

Wall: 2

Level: High Intermediate

Choreographer: Mark Furnell (UK) & Chris Godden (UK) - January 2026

Music: Do It With Soul - Solomon Ray



Intro: 16 Counts, Start at approx 10 secs

SEC 1 Sailor Step, Ball Side, Behind, Sweep, ½ Weave, Jump Jump

- 1&2 Step right behind left, step left to left, step right to right
- &3 Step left beside right, step right to right
- 4 Step left behind and sweep right from front to back
- 5&6 Step right behind left making ¼ turn right, step left to left, cross right over left (3:00)
- &7 Turn ¼ right step left to left, step right behind left (6:00)
- &8 Turn ⅛ right close left to right and jump twice (weight ends on left) (7:30)

SEC 2 Coaster Run, Run x4, ½ Unwind bouncing heels

- 1&2 Step right back, step left beside right, step right forward
- &3&4 Step left forward, step right forward, step left forward, step right forward
- 5-6 Turn ⅛ left bounce both heels, turn ⅛ left bounce both heels (4:30)
- 7-8 Turn ⅛ left bounce both heels, turn ⅛ left bounce both heels transferring weight onto left (1:30)

SEC 3 ⅛ Scissor Step, ½ Hinge, Touch, Full Volta, Cross

- 1&2 Turn ⅛ left step right to right, step left beside right, cross right over left (12:00)
- 3&4 Turn ¼ right step left back, turn ¼ right step right to right, touch left beside right (6:00)
- 5& Turn ¼ left step left forward, step right beside left (3:00)
- 6& Turn ⅜ left step left forward, step right beside left (10:30)
- 7-8 Turn ⅜ left step left forward, cross right over left (6:00)

SEC 4 ¾ Box, ¼ Sailor Step ¼ Pivot, ¾ Step Hitch

- 1-2 Step left to left, turn ¼ right step right to right (9:00)
- 3-4 Turn ¼ right step left to left, turn ¼ right step right to right (3:00)
- 5&6 Turn ¼ left step left behind right, step right to right, step left forward (12:00)
- 7 Pivot ¼ right transferring weight onto right (3:00)
- 8 Turn ¼ left step left forward turn ½ left hitching right (6:00)

Tag 1 and Restart Here on Wall 2

SEC 5 Side Slide, Ball Cross, Hold, Side Slide, Ball Cross, Hold

- 1-2 Step right to right sliding left towards right
- &3-4 Step left beside right, cross right over left, hold
- 5-6 Step left to left sliding right towards left
- &7-8 Step right beside left, cross left over right, hold

SEC 6 Full Walk & Shuffle Around, Out Out, Hold, In In, Side

- 1-2 Turn ¼ right step right forward, turn ¼ right step left forward (12:00)
- 3&4 Turn ¼ right step right forward, step left beside right, turn ¼ right step right forward (6:00)
- &5-6 Step left to left, step right to right, hold
- &7-8 Step left beside right, step right beside left, step left to left

Tag 1 After 32 counts of Wall 2, Dance the following then restart and At the end of Wall 3

Side Hold, Side Hold

- 1-2 Step right to right, Hold
- 3-4 Step left to left, Hold

Tag 2 At the end of Wall 4, repeat Sec 5 and Sec 6 with optional addition of claps and hand movements

Side Slide, Ball Cross, Hold, Side Slide, Ball Cross, Hold

- 1-2 Step right to right sliding left towards right
- &3&4 Step left beside right, cross right over left, hold and double clap
- 5-6 Step left to left sliding right towards left
- &7&8 Step right beside left, cross left over right, hold and double clap

Full Walk & Shuffle Around, Out Out, Hold, In In, Side

- 1-2 Turn ¼ right step right forward, turn ¼ right step left forward (12:00)
- 3&4 Turn ¼ right step right forward, step left beside right, turn ¼ right step right forward (6:00)
- &5-6 Step left to left, step right to right, hold
- &7-8 Step left beside right, step right beside left, step left to left

Arms :

- &5 Raise both arms and cross at head height
- &7 Lower arms pointing at the floor
- 8 Move arms out to the sides still pointing at the floor

Last Wall 6 - ends on count 32 at the front

Last Update: 16 Mar 2026
