



Mates of Soul

Choreographers: Guillaume Richard & Niels Poulsen & Gary O'Reilly

~Official GOLD competition dance 2025 - 2026~

Type of dance: 64 Count, 2 Walls, West Coast Swing - Line Dance
 Level: Advanced
 Music: "The Mates of Soul" by Taylor John Williams (GOLD Edit – Original Speed)
 Intro: Start on the 2nd "Honey" (app. 1 seconds into track)
 Restart: Wall 2 after 32 counts, wall 6 after 16 counts.

Counts	Movement Description	End facing
1 – 9	Monterey Turn, Sweep, Weave, Sweep, Cross, Step L, Kick Ball Step	
1 – 3	Point R to R side (1), Turn ½ R stepping R next to L (2), Sweep L forward (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 R back (6) Cross R behind L (&), Step L to L side (7)	6:00
8 & 1	Kick R forward going up on ball off L (8), Step R next to L (&), Step L forward (1)	6:00
10 – 16	Shorty George, Rock Step, Close, ½ Turn L, Triple Full Turn, Close, Step R Back	
2 & 3 - 4	Step R forward (2), Step L forward (&), Rock R forward (3), Recover on L (4)	6:00
& 5	Step R next to L (&), Turn ½ L stepping L forward (5)	12:00
6 & 7	Turn ½ L stepping R back (6), Turn ½ L stepping L forward (&), Step R forward (7)	12:00
8 &	Step L next to R (8), Step R back (&)	12:00
Restart	2nd restart here on wall 6 facing 6:00	
17 – 24	Big Step Back L, Drag, Ball Step, ¼ Turn L, Step R, Cross & Hitch, Weave	
1 – 2	Big step L back (1), Drag R next to L (2)	12:00
& 3 – 4	Step R next to L (&), Step L forward (3), Turn ¼ L stepping R to R side (4)	9:00
5 – 6	Cross L behind R & Hitch R (5), Make ½ 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, ⅛ Turn L, Toes Strut & Hip Bump, Step ⅜ Turn L, Rock Step, Hitch, Cross, Point	
& 1	Turn ⅛ R stepping L to L side (&), Step R next to L (1)	10:30
2 & 3	Point L forward and bump hips forward (2) Bump hips back (&), Step on L (3)	10:30
4 & 5	Step R forward (4), Turn ⅜ L stepping on L (&), Rock R forward (5)	6:00
6 – 8	Recover on L hitching R (6), Cross R behind L (7), Point L to L side (8)	12:00
Restart	1st restart here on wall 2 add an &-Count stepping L next to R, facing 12:00	
33 – 41	Ball Step, ⅛ Turn R, Step & Hitch, Step Fwd R, L Mambo Step, Drag, Ball Step, ⅛ Turn L Mambo Cross	
& 1 – 2	Step L next to R (&), Turn ⅛ R stepping R forward (1), Step L next to R hitching R (2)	7:30
3 - 4 & 5	Step R forward (3), Rock R forward (4), Recover on L (&), Step L back (5)	7:30
6 & 7	Drag R next to L (6), Step R next to L (&), Step L forward (7)	7:30
8 & 1	Turn ⅛ L rocking R to R side (8), Recover on L (&), Cross R over L (1)	6:00
42 – 48	Hold, Ball Cross, ½ Turn L Cross Shuffle, Mambo Cross 2x	
2 & 3	Hold (2), Step L to L side (&), Cross R over L (3)	6:00
4 & 5	Turn ¼ L stepping L forward (4), Turn ¼ L stepping R slightly to R side (&), 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	Step R, ¼ Turn L & Flick, Step Fwd, Step Lock Step, Rocking Chair with ¼ Turn L	
1 – 3	Step R to R side (1), Turn ¼ L stepping L next to R and flick R back (2), Step R forward (3)	9:00
4 & 5	Step L forward (4), Lock R behind L (&), Step L forward (5)	9:00
6 & 7 &	Rock R forward (6), Turn ⅛ L recovering on L (&), Rock R back (7), Turn ⅛ L recovering on L (&)	6:00
8 &	Rock R forward (8), Recover on L (&)	6:00
57 – 64	Step R, Touch, Point, Hold, Rock Step Back, Step L, Touch, Point, Hold, Rock Step Back	
1 – 2 á	Step R to R side (1), Touch L behind R (2), Point L to L side (á)	6:00
3 – 4 &	Hold (3), Cross rock L behind R (4), Recover on R (&)	6:00
5 – 6 á	Step L to L side (5), Touch R behind L (6), Point R to R side (á)	6:00
7 – 8 &	Hold (7), Cross rock R behind L (8), Recover on L (&)	6:00