

# The Spirit Moves

**COPPERKNOB**  
STEPSHEETS

**Count:** 16

**Wall:** 1

**Level:** Beginner

**Choreographer:** Val Parry (UK)

**Music:** No News - Lonestar



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## WALKS FORWARD, ROCK, WALKS BACKWARD, COASTER STEP

- 1-2 Walk forward right, left
- 3-4 Rock forward right, replace weight on left
- 5-6 Walk backwards, right, left
- 7&8 Step back on right, close left next to right, step forward on right

## SIDE, CLOSE, SIDE, KICK, GRAPEVINE

- 1-2 Step left to left side, close right to left
- 3-4 Step left to left side, kick right across left and clap (at same time)
- 5-6 Step right to right side, step left behind right
- 7-8 Step right to right side, step left next to right

## REPEAT

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