

# Spirit of the Dance

**COPPER** KNOB  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Sue Wellesley-Davies (NZ) - February 2024

**Music:** Spirit of the Dance - Gary Lovini



Dance starts after 16 counts

**Section 1: Heel hold, toe back, step together. R then L**

1,2,3,4            R heel front, (1) hold, (2) touch R toe behind, (3) step R foot next to L (4)  
5,6,7,8            L heel front, hold, touch L toe behind, step L foot next to R

**Section 2: Touch toe out to side, touch toe tog, triple step slightly fwd. R then L**

1,2,3&4            Touch R toe out to R side, touch R toe next to L, triple step R/L/R slightly fwd to R diagonal  
5,6,7&8            Touch L toe out to L side, touch L toe next to R, triple step L/R/L slightly fwd to L diagonal

**Section 3: Touch R toe across L, touch R toe to R side, turn ¼ R, triple step R/L/R, repeat L without ¼ turn**

1,2,3&4            Touch R toe across and in front of L, touch R toe out to R side, turn ¼ R whilst triple stepping  
                         R/L/R together in place (3:00)  
5,6,7&8            Touch L toe across and in front of R, touch L toe out to L side, triple step L/R/L together in  
                         place

**Section 4: Step lock R, shuffle fwd R/L/R, step L fwd, ½ turn R, shuffle fwd L/R/L**

1,2,3&4            Step R fwd, step L behind close to R, step R fwd, step L tog, step R fwd  
5,6,7&8            Step L fwd, ½ turn over R shoulder, step L fwd, step R tog, step L fwd (9:00)

**Ending:**

The dance finishes on wall 9 after 26 counts.

Wall 9 starts to 12:00, dance sections 1 and 2.

Section 3 step change counts 7&8: ¼ turn L (to 12:00) triple step L/R/L

Then counts 1,2 of section 4 (step lock) and strike a pose!

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