

Spirit Free - A Dance for You and Me

COPPER KNOB
STEPSHEETS

拍数: 68 墙数: 2 级数: Easy Improver
编舞者: Urban Danielsson (SWE) - March 2025
音乐: Nitauimba Wimbo - Maombi Samson



Intro: 16 counts

NO TAGS, NO RESTARTS (or 1 if you continue the dance on wall 7 after 32 counts)

Section 1 (Toe strut x 2), (point, together) x 2

1-4 Step right toes forward, step down on right foot, step left toes forward, step down on left foot
5-8 Point right to right side, step right next to left, point left to left side, step left next to right

Section 2 (Toe strut x 2), (point, together) x 2

9-16 Repeat section 1

Section 3 Weave, ¼ turn step back, side, forward, brush.

17-20 Step right to right side, step left behind of right, step right to right side, step left across in front of right foot
21-24 ¼ turn left step back on right, step left to left side, step right forward, brush left forward (9:00)

Section 4 (Step, touch with clap, step back, touch with clap) x 2

25-28 Step left diagonal forward, touch right next to left and clap, step right diagonal back, touch left and clap
29-32 Repeat steps 25-28

Note: On wall 7 - you can end the dance here without dancing the last 1½ wall (see ending).

Alternative: RESTART here on wall 7 and replace counts 31-32+2: ¼ turn step right to right side, step left next to right (with weight), hold 2 counts. Restart the dance from the top.

Section 5 Lockstep forward, brush, step, pivot ¼ turn left, cross, hold.

33-36 Step forward left, lockstep right behind of left, step left forward brush right forward
37-40 Step right forward, ¼ turn left step left to left side, step right across in front of left, hold (6:00)

Section 6 Rumba box forward, brush, lockstep forward, brush

41-44 Step left to left side, step right next to left, step forward left, brush right forward
45-48 Step right forward, lockstep left behind of right, step right forward, brush left forward

Section 7 (Step, touch with clap, step back, touch with clap) x 2 while turning ½.

49-52 Step left diagonal forward, touch right next to left and clap, turn ¼ right step right to right side, touch left next to right and clap (9:00)
53-56 Step left diagonal forward, touch right next to left and clap, turn ¼ right step right to right side, step left next to right and clap (weight on left foot) (12:00)

Section 8 Monterey ½ turn, jazz box.

57-60 Point right to right side, ½ turn right step right next to left, point left to left side, step left next to right (6:00)
61-64 Step right across in front of left, step left foot back, step right to right side, step left foot forward

Section 9 Step, flick, back, hook

65-68 Step right to right diagonal, flick left foot behind of right, step left back to left diagonal, hook right foot over left shin.

ENJOY!

Ending: End with counts 29-32 on wall 7 (or 9 if you do the restart), facing 3:00. Change the last 2 counts 31-32 to step left foot forward, $\frac{1}{4}$ turn left step right foot to right side and pose.
