# Hands On The Spirit



拍数: 32 墙数: 4 级数: Improver east coast swing

编舞者: Mark Furnell (UK)

音乐: Honky Tonk Truth - Brooks & Dunn



### SYNCOPATED ROCKS, BEHIND SIDE CROSS KICK, BEHIND SIDE CROSS KICK

1&2&	Rock back on right, rock forward on left, rock forward on right, rock back on left
3&4&	Rock forward on right, rock back on left, rock side on right, replace on left
5&6&	Step right behind left, step side on left, cross right over left, kick left foot diagonally left
7&8&	Step left behind right, step side on right, cross left over right, kick right foot diagonally right

# BEHIND STRUT, 1/4 TURN STRUT, STEP TURN STEP HITCH, STEP CLOSE STEP HITCH. STEP TOGETHER STEP TOGETHER, STEP

9&10&	Touch right toe behind left heel and strut right heel down making ¼ turn right, touch left to side and strut left heel down
11&12&	Step forward on right, make $\frac{1}{2}$ turn right stepping on left, make another $\frac{1}{2}$ turn stepping back on right, hitch left knee
13&14&	Step back on left, close right to left, step back on left, hitch right knee
15&16&	Step forward right, close left to right, step forward on right, close left to right

## CROSS BACK SIDE SCUFF, CROSS BACK SIDE SCUFF, CROSS ROCKS SCUFF, CROSS ROCKS

17&18&	Cross right over left, step diagonally back on left, step side on right, scuff left foot though
19&20&	Cross left over right, step diagonally back on right step side on left, scuff right foot though
21&22&	Cross rock right over left, replace on left, rock forward on right, scuff left foot though
23&24	Cross rock left over right, replace on right, rock forward on left, touch right to left

## STEP TOGETHER STEP, HITCH ½ TURN, STEP TOGETHER HITCH, RUMBA BOX, SCUFF

25&26&	Step back on right, close left to right, step back on right, hitch left knee making ½ turn left
27&28&	Step forward on left, close right to left, step forward on left, hitch right knee
29&30	Step side on right, close left to right, step back on right
31&32&	Step side on left, close right to left, step forward on left, scuff right foot though

### **REPEAT**

#### **RESTART**

On the 3rd wall dance up to counts 16 and start again. Don't do the and beat after count 16. Go straight back to the start