

# Catch The Spirit

拍数: 32      墙数: 4      级数:  
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK)  
音乐: The Spirit of the Hawk - Rednex



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## RIGHT SYNCOPATED CROSS ROCK & RECOVER, LEFT SYNCOPATED CROSS ROCK & RECOVER, ½ PIVOT LEFT, STEP RIGHT & LEFT

- 1&2      Cross step right over left, step left in place, step right together
- 3&4      Cross step left over right, step right in place, step left together
- 5-6      Step right foot forward, ½ pivot turn left
- 7-8      Step right foot in place, step left foot in place

## "THE SPIRIT OF THE HAWK"

- 1      Stretch left arm forward at shoulder level making a fist with the hand while the right fist is in towards the left inside elbow
  - 2&3      Keeping hands in fists roll right arm over left twice
  - 4      Take both arms out at shoulder level, elbows bent, fingers toward the ceiling, palms facing towards you, thumbs outstretched at right angles
  - 5      Bring both hands in front of you crossing left over right keeping thumbs approximately 9 inches apart with hands in same position (i.e., palms towards you with thumbs out)
  - 6      Bring both hands together and interlock thumbs
- Hands should now be in a position resembling the wings of a bird**
- 7-8      Flap fingers forward and back

## RIGHT SHUFFLE FORWARD, LEFT FORWARD ½ TURN RIGHT, HITCH LEFT, STEP FORWARD RIGHT TOGETHER LEFT, RIGHT OUT, LEFT OUT, RIGHT IN, LEFT IN

- 1&2      Step right foot forward, step left foot together, step right foot forward
- 3-4      Step left foot forward, turn ½ right hitching up right knee
- 5-6      Step right foot forward, step left together
- &7      Step right foot apart, step left foot apart
- &8      Step right foot in, step left foot together

## RIGHT HEEL, LEFT TOE WITH 1/8 TURN RIGHT (TWICE), RIGHT SIDE SHUFFLE, RIGHT SYNCOPATED CROSS ROCK & RECOVER

- &1&2      Step on right foot, touch left heel forward, making a 1/8 turn right step down on left foot, touch right toes to left heel
- &3&4      Step on right foot, touch left heel forward, making a 1/8 turn right step down on left foot, touch right toes to left heel
- 5&6      Step right foot to right side, step left foot next to right, step right foot to right side
- 7&8      Cross step left over right, step right in place, step left together

## REPEAT

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