

Spirit

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate/Advanced
編舞者: Natalie Hood (UK)
音樂: Spirit In the Sky - Gareth Gates



The choreographer was age 11 when this dance was created

SLOW JAZZ JUMPS, RIGHT SWIVEL, SHUFFLE

1-2 Step right forward and out, step left forward and out
3-4 Step right back and in, step left back and in
5&6 Lift and swivel right heel in, out, in
7&8 Step right forward, step left next to right, step right forward

STEP FORWARD, BRUSH HOOK, LOCK STEPS BACK

1-2 Step left forward, brush right forward
3-4 Brush right across left shin, brush right forward
5&6 Step right back, step left in front of right, step right back
7&8 Step left back, step right in front of left, step left back

ROCK BACK, FORWARD ROLL, MAMBO ROCK, SAILOR STEP

1-2 Step right back, replace weight back onto left
3-4 Turn ½ left stepping back on right, turn ½ left stepping forward on left
5&6 Step right to right side, replace weight on left, step right next to left
7&8 Step left behind right, step right to right side, step left slightly to left side

JAZZ JUMPS, CLICK FINGERS, CROSS UNWIND, LEG SWINGS

&1-2 Step right forward and out, step left forward and out, click fingers
3-4 Cross right over left, unwind ½ turn to left clicking fingers
5-6 Point right toe across left, point right toe to right side
7&8 Hitch right knee up swinging right leg to the left, right, left

REPEAT