

Count: 64

Wand: 1

Ebene: Phrased Improver

Choreograf/in: Cati Torrella (ES), Jesus Moreno & Angeles Mateu (ES) - November 2018

Musik: "My Spirit Flies To You" by Buddhist monk Sakya Tashi Ling.



Intro: 16 counts

Sequence: A (32) B (32) B(32) B(16) A (32) B(32) B(32) B(32)

## PART A (Monks) 32 Counts

### A[1-8]: Sugar Foot with arm movements

1-2 With weight on LF and Swivelling heel to the left, do a circular movement with RF from centre to the right side, Step down on RF keeping weight on it

**With the index finger and thumb together, we make a circular motion with the right hand from the inside out stretching the arm**

3-4 Swivelling right heel to the right, do a circular movement with LF from centre to the left side, Step down on LF keeping weight on it

**With the index finger and thumb together, we make a circular motion with the left hand from the inside out stretching the arm**

5-6 With weight on LF and Swivelling heel to the left, do a circular movement with RF from centre to the right side, Step down on RF keeping weight on it

**With the index finger and thumb together, we make a circular motion with the right hand from the inside out stretching the arm**

7-8 Swivelling right heel to the right, do a circular movement with LF from centre to the left side, Step down on LF keeping weight on it

**With the index finger and thumb together, we make a circular motion with the left hand from the inside out stretching the arm**

### A[9-16]: Rocking Chair, Step ½ Turn x2

1 Rock forward on RF

2 Recover weight on LF

**Stretch your right arm forward, palm up**

3 Rock back on RF

4 Recover weight on LF

**Collect the arm carrying the right hand over the heart**

5 Step forward on RF

**Stretch your right arm forward, palm up**

6 ½ Turn to left, changing weight on LF

**Collecting the right arm**

7 Step forward on RF

**Stretch your right arm forward, palm up**

8 ½ Turn to left, changing weight on LF

**Collecting the right arm**

### A[17-24]: Repeat counts 1-8

**Sugar Foot with arm movements**

### A[25-32]: Step ¼ Turn doing Toe Struts with hips x 4

1-2 ¼ turn to left on RF and Touch to right side with right Toe Bumping hips, lower the heel keeping weight on RF (9:00)

3-4 ¼ turn to left on RF and Touch forward with left Toe Bumping hips, lower the heel keeping weight on LF (6:00)

1-2 ¼ turn to left on RF and Touch to right side with right Toe Bumping hips, lower the heel keeping weight on RF (3:00)

3-4                    ¼ turn to left on RF and Touch forward with left Toe Bumping hips, lower the heel keeping weight on LF (12:00)

**While making the turn, open your arms at your sides with palms facing up**

**Part B (Vocals) 32 Counts**

**B[1-8]: Walk , Walk, Kick Ball Step, Step-Point, Step-Point**

1-2                    Walk forward on RF, walk forward on LF

3&4                    Kick ball Step with RF

5-6                    Step RF to right side, Point Left toe to left side Bumping hips to the left

**Open the arms at the sides with the palms facing upwards and with the index and thumb fingers together**

7-8                    Step LF to left side, Point Right Toe to right side Bumping hips to the right

**Open the arms at the sides with the palms facing upwards and with the index and thumb fingers together**

**B[9-16]: Sailor Step, Sailor Step ¼, Paddle Turn**

1&2                    Step RF behind left, Step LF slightly to the left, Step RF slightly to the right

3&4                    Step LF behind right, ¼ turn to left and Step RF slightly to the right, Step LF slightly forward (9:00)

5&                    Touch right Toe forward, Turn ¼ to left pushing wit right hip and change weight to LF (6:00)

6&                    Touch right Toe forward, Turn ¼ to left pushing wit right hip and change weight to LF (3:00)

7&                    Touch right Toe forward, Turn ¼ to left pushing wit right hip and change weight to LF (12:00)

8&                    Touch right Toe forward, Turn ¼ to left pushing wit right hip and change weight to LF (9:00)

**Here Restart on 3rd repetition**

**B[17-24]: Cross, Side, Behind , Side, Point, Cross ¼ Turn, Triple ½ Turn**

1                    Cross RF over left

2                    Step LF to left side

3                    Step RF behind left

&                    Step LF to left side

4                    Point RF slightly forward on diagonal

&                    Step RF behind left

5                    Cross LF over right

6                    ¼ turn to left and stepo back on RF

7&8                    Triple step turning ½ to left with LF-RF-LF (12:00)

**B[25 - 32]: Mambo Forward, Step Back x 2, Sailor Step ½ Turn, Step, ½ Turn**

1                    Rock forward on RF

&                    Recover weight back on LF

2                    Step back on RF doing Sweep with LF from forwards to back at same time

3                    Step back on LF doing Sweep with RF from forwards to back at same time

4                    Step back on RF doing Sweep with LF from forwards to back at same time

5&6                    Sailor Step turning ½ to left with LF- RF-LF (6:00)

7-8                    Step forward on RF, ½ turn to left finishing with weight on LF (12:00)

**Sequence: A (32) B(32) B(32) B(16 \* Restart) A (32) B(32) B(32) B(32)**

**Restart: On 3rd repetition of Part B, there is a Restart after Count 16**

**When we do the Paddle Turn, we will do only ¾ Turn, doing a Hold on count 16 and finishing at 12:00, to start part A again at 12:00h**

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