

Spirit In The Sky

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Val Parry (UK)

Music: Spirit In the Sky - Gareth Gates



ROCK, CHASSE, ROCK AND STEP, SHUFFLE ½

- 1-2 Rock right across left, replace weight
- 3&4 Step right to right side, close left to right, step right to right side
- 5&6 Rock left across right, replace weight on right, step left to left side
- 7-8 Shuffle ½ left stepping right left right

ROCK, CHASSE, ROCK AND STEP, SHUFFLE ½

- 9-10 Rock left across right, replace weight
- 11&12 Step left to left side, close right, step left to left side
- 13&14 Step right across left, replace weight on left, step right to right side
- 15-16 Shuffle ½ right stepping left right left

CROSS STEP, CROSS KICK, CROSS STEP, SYNCOPATED JAZZ BOX

- 17-18 Cross right in front of left, step left to left side,
- 19-20 Cross right in front of left, kick left to left diagonal
- 21-22 Cross left in front of right, step right to right side
- 23&24 Cross right in front of left, step back on right, step left beside right

STEP ½ TURN, SHUFFLE FORWARD, ROCK, SHUFFLE ¾ TURN

- 25-26 Step forward on right, pivot ½ turn stepping forward on left
- 27&28 Right shuffle forward,
- 29-30 Rock forward on left, replace weight on right
- 31&32 Shuffle round ¾ turn left stepping left right left

STEP TOUCH, AND BACK TOUCH, SIDE TOUCH, SIDE CLOSE CROSS

- 33-34 Step forward on right, touch left behind
- &35-36 Step back on left, step back on right, touch left toe in front of right
- 37-38 Step left to left side, touch right toe to left instep
- 39&40 Step right to right side, close left to right, cross right in front of left

TURN, STEP BACK, TOUCH, AND CROSS, CLAP TWICE

- &41-42 Step back on left turning ¼ right, step back on right, touch left next to right
- &43-44 Step forward on left, step right across left, clap
- &45-46 Step back on left turning ¼ right, step back on right, touch left next to right
- &47-48 Step forward on left, step right forward, clap

ROCK, FULL TURN, COASTER STEP, HEEL SWITCHES

- 49-50 Rock forward on left, replace weight on right
- 51-52 Turn ½ turn left stepping forward on left, turn ½ turn left stepping back on right
- 53&54 Step back on left, close right to left, step forward on left
- 55&56& Right heel forward, replace weight on right, left heel forward, replace weight on left

STEP BACK LOCK LEFT, WALK BACK, ROCK BACK, STEP RIGHT CLOSE LEFT

- 57-58 Step back on right, lock left in front of right
- 59-60 Step back on right, step back on left
- 61-62 Rock back on right, replace weight on left

63-64 Step right to right side, step left next to right

REPEAT

RESTART

Second wall dance from steps 1-16 only then restart.
