

The Waltz of Spirit

Count: 48

Wall: 2

Level: Improver (rise & fall)

Choreographer: Sebastiaan Holtland (NL) - July 2011

Music: It Is You (I Have Loved) - Dana Glover : (OST Shrek 2001)



Start on the words "There Is Something (20 Sec)

Sec 1: Fwd, 1/2 Turn L, Back, Back, Coaster Step

- 1-3 Step Lf forward, turn 1/2 left (6) step Rf back, step Lf back weight onto Lf
4-6 Step Rf back, step Lf next to Rf, step Rf forward (6:00) (coaster step)

Sec 2: Fallaway Reverse Slip Pivot, 1/2 Turn L, Fwd, 1/4 Pivot L

- 1-2&3 Step Lf diagonal forward over heel, step Rf to the right, hook Lf behind Rf, Step Rf back weight onto Rf (1/2 left) (12:00) (Fallaway Reverse Slip Pivot)
4-6 Turn 1/2 left (6) step Lf forward, step Rf forward, turn 1/4 left (3) take weight onto Lf

Sec 3: Syncopated Cross Vine L, Cross, Hold, Full Sweep Turn L

- 1-2&3 Cross Rf over Lf, step Lf to the left, step Rf behind Lf, step Lf to the left (3)
4-6 Cross Rf over Lf weight onto both feet, Hold, turn full left sweep Lf from front to back (3:00)

Sec 4: Back Twinkle L, Back Twinkle R

- 1-3 Step Lf behind Rf, step Rf slightly diagonal forward, step Lf slightly to the left (3:00)
4-6 Step Rf behind Lf, step Lf slightly diagonal forward, step Rf slightly to the right (3)

Sec 5: Behind, 1/4 Turn R, Fwd, Fwd, 1/2 Slow Pivot L, (weight change)

- 1-3 Step Lf behind Rf, turn 1/4 right (6) step Rf forward, step Lf forward weight onto Lf
4-6 Step Rf forward, turn slow 1/2 left (12), take weight onto Rf

Sec 6: Twinkle L 1/4 Turn L, Twinkle R

- 1-3 Turn 1/4 left (9) cross Lf diagonal over Rf, step Rf slightly to the right, step Lf slightly to the left
4-6 Cross Rf diagonal over Lf, step Lf slightly to the left, step Rf slightly to the right (9:00)

Sec 7: Cross Vine R, 1/4 Turn R, Fwd, Hold, 1/4 Sweep Turn R

- 1-3 Cross Lf over Rf, step Rf to the right, step Lf behind Rf weight onto Lf (9)
4-6 Turn 1/4 right (12) step Rf forward, Hold, sweep Lf 1/4 to the right (3) from back to front

Sec 8: Cross, 1/4 Turn L, Back, 1/2 Turn L, Side, Cross, unwind 1 1/4 L, (weight change)

- 1-3 Cross Lf over Rf, turn 1/4 left (12) step Rf back, turn 1/2 left (9) step Lf to the left weight onto Lf
4-6 Cross Rf over Lf weight onto both feet, unwind 1 1/4 left (6) in 2 counts take weight onto Rf

Start Again, Enjoy! Email: smoothdancer79@hotmail.com