

Spirit In The Sky

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Kate Donovan (UK)

Musique: Spirit In the Sky - Gareth Gates



MAMBO RIGHT, MAMBO LEFT, ½ PIVOT, ½ TRIPLE TURN

- 1&2 Rock right foot to right, replace weight onto left, step right foot together
3&4 Rock left foot to left, replace weight onto right, step left foot together
5&6 Step right foot forward, pivot ½ turn left
7&8 ½ Turn left stepping right, left, touch right next to right

SIDE STRUT, CROSS STRUT, RIGHT ROCK, BEHIND TOUCH

- 1-2 Step right to right side, drop heel
3-4 Cross left behind right, drop heel
5-6 Rock to right side on right. Rock onto left in place
7-8 Step right behind left, touch left to left side

LEFT JAZZ BOX, KICK OUT-OUT, RIGHT KNEE ROLL

- 1-2 Cross left over right. Step back on right
3-4 Step left to left side. Touch right beside left
5&6 Kick right forward. Step right to side. Step left to side
7-8 Roll right knee in, out.(keep weight back on left.)

½ PIVOT TWICE, SYNCOPATED JUMPS FORWARD & BACK MAKING ¼ TURN

- 1-2 Step right foot forward, pivot ½ turn left
3-4 Step right foot forward, pivot ½ turn left
&5 Jump forward right, left
&6 Jump back right, left making a ¼ turn left
&7 Jump forward right, left
&8 Jump back right, left

REPEAT

RESTART

When dancing to "Buttercup Baby" by The Foundations, after the 4th & 8th wall, dance the 1st 8 counts & then start the dance again from the beginning
