

# Spirits

Compte: 0

Mur: 0

Niveau: Phrased Intermediate



Chorégraphe: Rob McKean (CAN) - March 2008

Musique: Ghosts in My Machine - Annie Lennox

**DANCE SEQUENCE: A, B, C, A, B, C, A, C,A, B,A**

## **PART A (48 Counts)**

### **Right Heel, Hook, Shuffle, Left Heel, Hook Shuffle**

- 1- 2 Touch right heel forward, hook right heel over left shin
- 3& 4 Step forward on right, together on left, forward on right
- 5- 6 Touch left heel forward, hook left heel over right shin
- 7& 8 Step forward on left, together on right, forward on left

### **Rock Recover, Toe Touch , Turn, Toe Touch, Turn, Rock Recover**

- 9- 10 Rock forward on right, recover on left
- 11- 12 Touch right toe back, pivot ½ turn right. (Weight on right)
- 13- 14 Touch left toe forward, pivot ½ turn right (Weight on Left)
- 15- 16 Rock back on right, recover on left.

### **Toe Touches, Clap, Heel Touches, Clap**

- 17&18 Touch right toe to right side, step together on right, and touch left toe to left side
- &19&20 Step together on left, touch right toe to right side, clap twice
- 21&22 Touch right heel forward, step together on right, touch left heel forward
- &23&24 Step together on left, touch right heel forward, clap twice

### **Shuffle Turn, Pivot, Lindy Left**

- 25&26 Make a ¼ turn right stepping on right, step together on left, forward on right
- 27-28 Step forward on left, pivot ¾ turn right
- 29&30 Step side left, together on right, side left
- 31-32 Rock back on right, recover on left.

### **Step, Touch, Heel Jack, Hold, Repeat**

- 33-34&35-36 Step forward on right, touch left toe to right instep, step back on left, touch right heel forward, hold
- &37-38&39-40 Step together on right, step forward on left, touch right toe to left instep, step back on right, touch left heel forward, hold

### **Step Together, Cross, Step, Coaster Turn, Full Turn, Step, Touch**

- &41-42, 43&44 Step together on L, Cross right over left, step side left, step back on right making a ¼ turn right, step together on left, step forward on right
- 45-48 Make a full turn LEFT stepping on left, then right, step forward on left, touch right beside left

## **PART B (32 Counts)**

### **Monterey Turn, Side Step, Slide Together, Repeat**

- 1-4 Touch right toe to right side, pivot ½ turn right on left, step on right beside left, touch left toe to left side, step together on left.
- 5-8 Take a large step to the right on right,(1) slide left foot beside right,(2-3) step together on left (4)
- 9-16 Repeat steps 1-8

### **STEP TOUCH, Forward Twice, Back Twice**

- 17-20 Step forward right, touch left toe beside right, step forward on left, touch right toe beside left

21-24 Step back on right, touch left toe beside right, step back on left, touch right toe beside left

**Kick Forward, Side, Turning Shuffle, Repeat**

25-26 Kick right foot forward, kick right foot to right side

27&28 Make a ½ turn right as you step right, left, right

29-30 Kick left foot forward, kick left foot to left side

31&32 Make a ½ turn left as you step left, right, left.

**Part C (16 Counts)**

**Do the FIRST 16 counts of Part A**

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