

Spirit In The Sky

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Wil Bos (NL) - October 2017
音乐: Spirit In the Sky - Gareth Gates : (Album: Go Your Own Way)



Intro: 32 counts

Couple of months ago i have to do a workshop with one of my first dances for me was that "Spirit In The Sky".
It's a Re-Release I edit a restart what makes the dance better

Walk Fwd x2, Heel Switches, Toe Switches, Point, Unwind ¼ R

1-2 RF step forward, LF step forward
3&4& RF dig heel forward, RF together, LF dig heel forward, LF together
5&6& RF point side, RF together, LF point side, LF together
7-8 RF point side, LF ¼ turn right on ball foot

Coaster, Shuffle Fwd, Rock Fwd Recover, Ball Rock Fwd Recover

1&2 RF step back, LF together, RF step forward
3&4 LF step forward, RF step beside, LF step forward
5-6& RF rock forward, LF recover, RF step beside on ball foot
7-8 LF rock forward, RF recover

Shuffle ½ L, Rock Side Recover, Behind Side Cross, Rock Side Recover

1&2 LF ¼ left step side, RF step beside, LF ¼ left step forward
3-4 RF rock side, LF recover
5&6 RF cross behind, LF step side, RF cross over
7-8 LF rock side, RF recover

Sailor ¼ L, Shuffle Fwd, Pivot ½ R, Pivot ¼ R

1&2 LF ¼ left cross behind, RF step beside, LF step slightly forward
3&4 RF step forward, LF step beside, RF step forward
5-6 LF step forward, L+R ½ turn right
7-8 LF step forward, L+R ¼ turn right

Start again

Tag+Restart

Dance the 4th wall up to and including count 16 (count 8 of the 2nd section), add
& LF step beside on ball foot
and start again