

Easy Spirit

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 2 级数: Low Intermediate
编舞者: Jim Ray (USA) - August 2013
音乐: Spirit In the Sky - Norman Greenbaum



Intro - Begin on lyrics

ROCK STEP, SIDE TOGETHER, TURN 1/4, STEP TURN 1/2

1-2 Rock right forward, recover to left
3&4 Shuffle to right side, right-left together, right turning 1/4 right
5-6 Step left forward, turn 1/2 right (weight to left) (3:00)
7&8 Shuffle forward right-left-right

SIDE ROCK, IN FRONT, STEP, IN FRONT, STEP LEFT SIDE, TURN RIGHT A 1/4 RIGHT

1-2 Rock right side, recover to left
3&4 Crossing right in front, left to the left, right in front
5-6 Step left side, turn 1/4 right (weight to right)
7&8 Shuffle forward left-right-left

ROCK STEP TO RIGHT, STEP IN FRONT, STEP, IN FRONT, STEP TURN A 1/2, SHUFFLE

1-2 Rock right to the right side, recover to left
3&4 Crossing right in front, left to the left, right in front
5-6 Step left forward, turn 1/2 right (weight to right) (6:00)
7&8 Shuffle forward left-right-left

CROSS RIGHT OVER, DROP HEEL, LEFT SIDE, DROP HEEL, CROSS RIGHT BEHIND, DROP HEEL, LEFT SIDE, DROP HEEL

On each heel, snap fingers of both hands waist high

1-2 Cross right toe over Left, lower right heel, Snap Fingers
3-4 Step left toe side, lower left heel, Snap Fingers
5-6 Cross right toe over left, lower right heel, Snap Fingers
7-8 Step left toe side, lower left heel, Snap Fingers

KICK BALL FORWARD, KICK BALL FORWARD, STEP, TURN 1/2, KICK BALL CHAIN

1&2 Kick right forward, step right together, step left forward
3&4 Kick right forward, step right together, step left forward
5-6 Step right forward, turn 1/2 left (weight to left)
7&8 Kick right forward, step right together, step left together

STEP, TURN 1/2, LOCK SHUFFLE FORWARD, LOCK SHUFFLE FORWARD, STEP, STEP

1-2 Step right forward, turn 1/2 left (weight to left)
3&4 Shuffle forward right-left-right
5&6 Shuffle forward left-right-left
7-8 Step right forward, step left forward

(START OVER)
