

Spirit in the Sky

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Carrie Bauer (USA) - March 2020
音乐: Spirit In the Sky - Norman Greenbaum : (Album: The Definitive Anthology)



Intro: 64 counts

[1-8] LINDY RIGHT, LINDY LEFT

1&2 Step R to right side (1), step L next to R (&), step R to right side (2)
3-4 Rock L behind R (3), recover R (4)
5&6 Step L to left side (5), step R next to L (&) step L to left side (6)
7-8 Rock R behind L (7), recover L (8)

[9-16] POINT RIGHT/LEFT WITH HOLDS, HEEL SWITCHES RIGHT/LEFT, ¼ PIVOT LEFT

1-2& Point R to right side (1), hold (2), step R next to L (&)
3-4& Point L to left side (3), hold (4), step L next to R (&)
5&6& R heel forward (5), step R next to L (&), L heel forward (6), step L next to R (&)
7-8 Place R in front of R (7), pivot ¼ turn left (weight on L) (9:00)

[17-24] CROSS-SIDE-BEHIND-SIDE-CROSS, ¼ HINGE TURN RT X 2, CROSSING TRIPLE

1-2 Cross R over L (1), step L to left side (2)
3&4 Step L behind R (3), step L to left side (&), cross R over L (4)
5-6 Step L ¼ back turning right (5), step R to right side turning ¼ right (6) (3:00)
7&8 Cross L over R (7), step R slightly right (&) cross L over R (8)

[25-32] KICK-BALL-CHANGE RIGHT X 2, VINE RIGHT CROSS

1&2 Kick R forward (1), step R next to L (&), step L next to R (2)
3&4 Repeat 1&2
5-8 Step R to right side (5), step L behind R (6), step R to right side (7), cross L over R (8)

No Tags, No Restarts.
