

Spirit of the Dance

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Sue Wellesley-Davies (NZ) - February 2024
音乐: Spirit of the Dance - Gary Lovini



Dance starts after 16 counts

Section 1: Heel hold, toe back, step together. R then L

1,2,3,4 R heel front, (1) hold, (2) touch R toe behind, (3) step R foot next to L (4)
5,6,7,8 L heel front, hold, touch L toe behind, step L foot next to R

Section 2: Touch toe out to side, touch toe tog, triple step slightly fwd. R then L

1,2,3&4 Touch R toe out to R side, touch R toe next to L, triple step R/L/R slightly fwd to R diagonal
5,6,7&8 Touch L toe out to L side, touch L toe next to R, triple step L/R/L slightly fwd to L diagonal

Section 3: Touch R toe across L, touch R toe to R side, turn ¼ R, triple step R/L/R, repeat L without ¼ turn

1,2,3&4 Touch R toe across and in front of L, touch R toe out to R side, turn ¼ R whilst triple stepping
R/L/R together in place (3:00)
5,6,7&8 Touch L toe across and in front of R, touch L toe out to L side, triple step L/R/L together in
place

Section 4: Step lock R, shuffle fwd R/L/R, step L fwd, ½ turn R, shuffle fwd L/R/L

1,2,3&4 Step R fwd, step L behind close to R, step R fwd, step L tog, step R fwd
5,6,7&8 Step L fwd, ½ turn over R shoulder, step L fwd, step R tog, step L fwd (9:00)

Ending:

The dance finishes on wall 9 after 26 counts.

Wall 9 starts to 12:00, dance sections 1 and 2.

Section 3 step change counts 7&8: ¼ turn L (to 12:00) triple step L/R/L

Then counts 1,2 of section 4 (step lock) and strike a pose!

suewd@xtra.co.nz