

# 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