Holy Spirit



编舞者: Angéline Fourmage (FR) & Maryse Fourmage (FR) - 23 September 2024

音乐: HOLY SPIRIT - KAMAUU



Start: 16 count - 9s. approximately

No Tag - No Restart

[1-8] Back, Together, Triple-Step, Back, Together, Triple-Step

1-2 RF back on R diagonal, LF next to RF

3&4 Triple-Step: RF back on R diagonal, LF next to RF, RF back on R diagonal

5-6 LF back on L diagonal, RF next to LF

7&8 Triple-Step: LF back on L diagonal, RF next to LF, LF back on L diagonal

[9-16] Point Back, Step FW, Point FW, Together, V-Step, Side, Drag, Touch

1-2 Point RF Back, RF FW3-4 Point LF FW, LF next to RF

&5&6 RF FW on R diagonal, LF FW on L diagonal, RF Back, LF Back

7-8 RF to the R side with L Drag, Touch LF next to RF

[17-24] Cross Rock, Chassé R, Cross Rock, Chassé L

1-2 Cross LF over RF, Recover to RF

3&4 Chassé L : LF to the L side, RF next to LF, LF to the L side

5-6 Cross RF over LF, Recover to LF

7&8 Chassé R: RF to the R side, LF next to RF, RF to the R side (Finish Weight is on RF)

[25-32] Step Turn ½ R, Runx3, Kick FWx4

1-2 LF FW, ½ R (Weight is on RF)

3&4 Run : L, R, L

5&6 Kick RF FW, RF Back, Kick LF FW (Option: Kick RF FW, RF next to LF, Kick LF FW)

&7&8& LF Back, Kick RF FW, RF FW, Kick LF FW, LF FW (Weight is on LF) (Option: LF next to RF,

Kick RF FW, RF next to LF, Kick LF FW, LF next to RF)

Final: Walk in circle ½ R (Finish 12:00)

Smile et enjoy the dance

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