

# Sky And The Spirit

拍数: 32      墙数: 4      级数: Improver  
编舞者: Amanda Toone (UK)  
音乐: Spirit In the Sky - Gareth Gates



- 1-4      Step right foot to right side, left cross over right, step right foot to right side, kick left foot over right (all steps traveling to the right)
- 5-8      Step left to left side, cross right over left, step left to the left side, when kicking right foot this time make a quarter turn right(3:00 wall)also those steps are traveling right (weight is on the left now)
- 1-2-3&4      Rock back on to the right then forward on the left (rock recover), right shuffle forward (right, left, right)
- 5-6-7&8      Rock left forward then back (rock recover weight is now on your right) step the left foot back, bring the right together step forward left (left coaster step backwards)
- 1&2      Step right to right side place hands on hips and move shoulders out-in-out like the girl dancers do on the video (same time as the counts)
- 3&4      Step left to left side keeping hands on hips and move shoulders out in out (same time as the counts)

**Alternatively you can do two hip bumps going right and left as long as your weight is now on your left. Totally your choice**

5-6&7-8      Cross right over left, step left to left side, and cross left, point right to right side.

**Hand movements: point right hand down to the right side as you are doing the point with your right foot to the right side.(syncopated jazz with a point)**

- 1-2&3-4      Repeat the last four counts
- 5&6&7-8      Switch right heel forward, and switch left forward, and switch right heel forward, hold for last beat

**Make sure weight changes quickly to your left to start the dance again when you step right to right side**

**REPEAT**

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