

Spirit In The Sky

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Kathy Sharpe-Arrant (USA)
音乐: Spirit In the Sky - Norman Greenbaum



Dance is dedicated in memory of Dr. Brucie McLeod and in support of Brucie's Memorial Scholarship Fund

SHUFFLE FORWARD RIGHT, LEFT, RIGHT, WITH FULL RIGHT TURN, HEEL JACK, TOUCH

- 1&2 Shuffle forward right, left, right
- 3&4 Shuffle forward left, right, left, while turning ½ turn right
- 5&6 Shuffle forward right, left, right while turning ½ turn right
- &7&8& Step slightly back on left on "&", touch right heel forward, step right together with left on "&", touch left toe next to right, step left together with right on "&"

SHUFFLE FORWARD, ½ TURN RIGHT, SHUFFLE FORWARD, OUT & IN

- 1&2 Shuffle forward right, left, right
- 3-4 Step left foot forward, ½ turn pivot right ending with weight on right
- 5&6 Shuffle forward left, right left
- &7&8 Step out to right on right ball of foot on "&", step out to left on left on left ball of foot, step right in on "&", step left together with right

SIDE SHUFFLE RIGHT, KICK BALL CHANGE, SIDE SHUFFLE LEFT, HEEL JACK, TOUCH

- 1&2 Side shuffle right (right, left, right)
- 3&4 Kick left foot on diagonal toward left; step on left on "&", change weight to right
- 5&6 Side shuffle left (left, right, left)
- &7&8 Step slightly back on right on "&", touch left heel forward, step left together with right on "&", touch right toe next to left

STEP RIGHT DIAGONAL, SHIFT WEIGHT TO LEFT, ½ HIP ROLL, HIP BUMPS

- 1-2 Step right foot out on a diagonal, following with a sway of the right shoulder
- 3-4 Shift weight back onto left foot, following with a sway of the left shoulder
- 5-6 Two count hip roll to the left ending with on right foot (just a semi-circle)
- 7&8 Bump left hip out, bump right hip on "&", bump left hip out ending with weight on left

REPEAT