

Spirit In The Sky

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Val Parry (UK)
音乐: Spirit In the Sky - Gareth Gates



ROCK, CHASSE, ROCK AND STEP, SHUFFLE ½

1-2 Rock right across left, replace weight
3&4 Step right to right side, close left to right, step right to right side
5&6 Rock left across right, replace weight on right, step left to left side
7-8 Shuffle ½ left stepping right left right

ROCK, CHASSE, ROCK AND STEP, SHUFFLE ½

9-10 Rock left across right, replace weight
11&12 Step left to left side, close right, step left to left side
13&14 Step right across left, replace weight on left, step right to right side
15-16 Shuffle ½ right stepping left right left

CROSS STEP, CROSS KICK, CROSS STEP, SYNCOPATED JAZZ BOX

17-18 Cross right in front of left, step left to left side,
19-20 Cross right in front of left, kick left to left diagonal
21-22 Cross left in front of right, step right to right side
23&24 Cross right in front of left, step back on right, step left beside right

STEP ½ TURN, SHUFFLE FORWARD, ROCK, SHUFFLE ¾ TURN

25-26 Step forward on right, pivot ½ turn stepping forward on left
27&28 Right shuffle forward,
29-30 Rock forward on left, replace weight on right
31&32 Shuffle round ¾ turn left stepping left right left

STEP TOUCH, AND BACK TOUCH, SIDE TOUCH, SIDE CLOSE CROSS

33-34 Step forward on right, touch left behind
&35-36 Step back on left, step back on right, touch left toe in front of right
37-38 Step left to left side, touch right toe to left instep
39&40 Step right to right side, close left to right, cross right in front of left

TURN, STEP BACK, TOUCH, AND CROSS, CLAP TWICE

&41-42 Step back on left turning ¼ right, step back on right, touch left next to right
&43-44 Step forward on left, step right across left, clap
&45-46 Step back on left turning ¼ right, step back on right, touch left next to right
&47-48 Step forward on left, step right forward, clap

ROCK, FULL TURN, COASTER STEP, HEEL SWITCHES

49-50 Rock forward on left, replace weight on right
51-52 Turn ½ turn left stepping forward on left, turn ½ turn left stepping back on right
53&54 Step back on left, close right to left, step forward on left
55&56& Right heel forward, replace weight on right, left heel forward, replace weight on left

STEP BACK LOCK LEFT, WALK BACK, ROCK BACK, STEP RIGHT CLOSE LEFT

57-58 Step back on right, lock left in front of right
59-60 Step back on right, step back on left
61-62 Rock back on right, replace weight on left

63-64 Step right to right side, step left next to right

REPEAT

RESTART

Second wall dance from steps 1-16 only then restart.
