

Spirit 2003

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



CROSS ROCK, CHASSE RIGHT, CROSS, SIDE, SAILOR STEP

1-2 Cross rock right over left, rock back onto left
3&4 Chasse right stepping right to right side, left next to right, right to right side
5-6 Cross left foot over right, step side on right foot
7&8 Step left behind right, step right to right side, step left to left side

HIP SWAYS TWICE, SAILOR ¼ TURN RIGHT, PIVOT ½ TURN, 2X WALKS

1-2 Sway hips right and left
3&4 Step right behind left, step left to left side, step right foot forward making ¼ turn right
5-6 Step forward on left foot pivot ½ turn right
7-8 Walk forward left and right

SHUFFLE FORWARD, ROCK & TRIPLE TURN, ROCK AND TOGETHER

1&2 Step left foot forward, step right next to left, step forward on left
3-4 Rock forward on right foot, back on left foot
5&6 Make a triple full turn over right shoulder stepping right, left, right
7&8 Rock left to left side & and step left next to right

TOUCH & KICK, CROSS SHUFFLE, LEFT SIDE ROCK, CROSS SHUFFLE

1-2 Turn right knee in and touch right toe next to left instep, kick right foot out to right diagonal
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock left out to left side. Rock side onto right
7&8 Cross left over right, step right to right side, cross left over right

REPEAT
