

# Spirits

拍数: 0                      墙数: 0                      级数: Phrased Intermediate  
编舞者: Rob McKean (CAN) - March 2008  
音乐: Ghosts in My Machine - Annie Lennox



DANCE SEQUENCE: A, B, C, A, B, C, A, C,A, B,A

## PART A (48 Counts)

### Right Heel, Hook, Shuffle, Left Heel, Hook Shuffle

1- 2                      Touch right heel forward, hook right heel over left shin  
3& 4                      Step forward on right, together on left, forward on right  
5- 6                      Touch left heel forward, hook left heel over right shin  
7& 8                      Step forward on left, together on right, forward on left

### Rock Recover, Toe Touch , Turn, Toe Touch, Turn, Rock Recover

9- 10                      Rock forward on right, recover on left  
11- 12                      Touch right toe back, pivot ½ turn right. (Weight on right)  
13- 14                      Touch left toe forward, pivot ½ turn right (Weight on Left)  
15- 16                      Rock back on right, recover on left.

### Toe Touches, Clap, Heel Touches, Clap

17&18                      Touch right toe to right side, step together on right, and touch left toe to left side  
&19&20                      Step together on left, touch right toe to right side, clap twice  
21&22                      Touch right heel forward, step together on right, touch left heel forward  
&23&24                      Step together on left, touch right heel forward, clap twice

### Shuffle Turn, Pivot, Lindy Left

25&26                      Make a ¼ turn right stepping on right, step together on left, forward on right  
27-28                      Step forward on left, pivot ¾ turn right  
29&30                      Step side left, together on right, side left  
31-32                      Rock back on right, recover on left.

### Step, Touch, Heel Jack, Hold, Repeat

33-34&35-36              Step forward on right, touch left toe to right instep, step back on left, touch right heel forward, hold  
&37-38&39-40              Step together on right, step forward on left, touch right toe to left instep, step back on right, touch left heel forward, hold

### Step Together, Cross, Step, Coaster Turn, Full Turn, Step, Touch

&41-42, 43&44              Step together on L, Cross right over left, step side left, step back on right making a ¼ turn right, step together on left, step forward on right  
45-48                      Make a full turn LEFT stepping on left, then right, step forward on left, touch right beside left

## PART B (32 Counts)

### Monterey Turn, Side Step, Slide Together, Repeat

1-4                      Touch right toe to right side, pivot ½ turn right on left, step on right beside left, touch left toe to left side, step together on left.  
5-8                      Take a large step to the right on right,(1) slide left foot beside right,(2-3) step together on left (4)  
9-16                      Repeat steps 1-8

### STEP TOUCH, Forward Twice, Back Twice

17-20                      Step forward right, touch left toe beside right, step forward on left, touch right toe beside left

21-24 Step back on right, touch left toe beside right, step back on left, touch right toe beside left

**Kick Forward, Side, Turning Shuffle, Repeat**

25-26 Kick right foot forward, kick right foot to right side

27&28 Make a ½ turn right as you step right, left, right

29-30 Kick left foot forward, kick left foot to left side

31&32 Make a ½ turn left as you step left, right, left.

**Part C (16 Counts)**

**Do the FIRST 16 counts of Part A**

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