

# Human Spirit

**COPPER KNOB**  
BYEPOSTETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Birthe Tygesen (DK) - August 2012  
音乐: Human Spirit - Amy Macdonald



(Intro 16 counts)

**sec. 1: Step, brush, step, brush, shuffle fwd, rock step**

1,2,3,4      step R forward, brush L, step L forward, brush R  
5&6      step forward R, step L next to R, step forward R  
7,8      rock forward L, recover onto R

**sec. 2: Shuffle back, rock step, Rocking Chair**

1&2      step back L, step R next to L, step back L  
3,4      rock back R, recover onto L  
5,6,7,8      rock forward R, recover onto L, rock back onto R, recover onto L  
(\*\*During Wall 3 restart the dance here to the back wall)

**sec. 3: Monterey 1/4 turn, Rocking Chair**

1,2,3,4      point R to R side, 1/4 turn R step R next to L, point L to L side, step L next to R  
5,6,7,8      rock forward R, recover onto L, rock back onto R, recover onto L

**sec. 4: paddle 1/4 turn, paddle 1/4 turn, step, touch, back, touch**

1,2,3,4      step forward R, 1/4 turn L weight to L, step forward R, 1/4 turn L weight to L  
5,6      step R forward to R diagonal, touch L next to R,  
7,8      step L back to L diagonal., touch R next to L

**\*\*RESTART: wall 3 after 16 counts - Restart the dance (6:00)**

Enjoy :-)

Contact: [birthetygesen@gmail.com](mailto:birthetygesen@gmail.com)