

Spiritual

拍數: 32 牆數: 4 級數: High Improver
編舞者: Isabelle Guimiot (CAN) - April 2023
音樂: Spiritual - Katy Perry



Intro: 16 counts.

Tag: end of wall 5.

[1 - 8] Diagonal step touch fwd x2, ½ turn triple step, cross, hold.

1 2 ½ turn left and big step R to R, touch L next to R (10:30)
3 4 ¼ turn right and big step L to L, touch R next to L (1:30)
5 & 6 ½ turn right and step R to R, step L beside R, ¼ turn and step R fwd (6:00)
7 8 Cross L over R, hold (6:00)

[9 - 16] And cross, sweep, cross, hold, and cross, triple back and ¼ turn point.

& 1 2 Step R to R, Cross L over R, sweep R fwd (6:00)
3 4 Cross R over L, hold (6:00)
& 5 Step L to L, Cross R over L (6:00)
6 & 7 & 8 Step L back, step R beside L, step L back, ¼ turn right and step R to R, point L to L (9:00)

[17 - 24] Full turn, rock step fwd, coaster step, step ½ turn.

1 2 ¼ turn left and step L fwd, ½ turn left and step R back (12:00)
3 4 ½ turn left and step L fwd, recover R (6:00)
5 & 6 Step L back, step R beside L, step L fwd (6:00)
7 8 Step R fwd, ½ turn left, recover L (12:00)

[25 - 32] Fwd samba x2, cross unwind, behind side cross.

1 & 2 ½ turn right and cross R over L, small step L to L, small step R to R (1:30)
3 & 4 ¼ turn left and cross L over R, small step R to R, small step L to L (10:30)
5 6 Cross R over L, unwind half turn to the left, sweep with L (3:00)
7 & 8 Cross L behind R, step R to R, cross L over R (3:00)

Tag: 16 counts, at the end of wall 5, facing 3:00:

[1 - 8] Step touch x4 drawing a box.

1 2 Step R to R, touch L next to R (3:00)
3 4 ¼ turn right and step L to L, touch R next to L (6:00)
5 6 ¼ turn right and step R to R, touch L next to R (9:00)
7 8 ¼ turn right and step L to L, touch R next to L (12:00)

[9 - 16] Slow scissors and hold x2

1 2 Step R to R, step L beside R (12:00)
3 4 Cross R over L, hold (12:00)
5 6 Step L to L, step R beside L (12:00)
7 8 Cross L over R, hold (12:00)

Have fun!