

Sky And The Spirit

拍數: 32 牆數: 4 級數: Improver
編舞者: Amanda Toone (UK)
音樂: Spirit In the Sky - Gareth Gates



- 1-4 Step right foot to right side, left cross over right, step right foot to right side, kick left foot over right (all steps traveling to the right)
- 5-8 Step left to left side, cross right over left, step left to the left side, when kicking right foot this time make a quarter turn right(3:00 wall)also those steps are traveling right (weight is on the left now)
- 1-2-3&4 Rock back on to the right then forward on the left (rock recover), right shuffle forward (right, left, right)
- 5-6-7&8 Rock left forward then back (rock recover weight is now on your right) step the left foot back, bring the right together step forward left (left coaster step backwards)
- 1&2 Step right to right side place hands on hips and move shoulders out-in-out like the girl dancers do on the video (same time as the counts)
- 3&4 Step left to left side keeping hands on hips and move shoulders out in out (same time as the counts)

Alternatively you can do two hip bumps going right and left as long as your weight is now on your left. Totally your choice

5-6&7-8 Cross right over left, step left to left side, and cross left, point right to right side.

Hand movements: point right hand down to the right side as you are doing the point with your right foot to the right side.(syncopated jazz with a point)

- 1-2&3-4 Repeat the last four counts
- 5&6&7-8 Switch right heel forward, and switch left forward, and switch right heel forward, hold for last beat

Make sure weight changes quickly to your left to start the dance again when you step right to right side

REPEAT
