

# Spirit

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Intermediate/Advanced  
編舞者: Natalie Hood (UK)  
音樂: Spirit In the Sky - Gareth Gates



The choreographer was age 11 when this dance was created

## **SLOW JAZZ JUMPS, RIGHT SWIVEL, SHUFFLE**

1-2            Step right forward and out, step left forward and out  
3-4            Step right back and in, step left back and in  
5&6           Lift and swivel right heel in, out, in  
7&8            Step right forward, step left next to right, step right forward

## **STEP FORWARD, BRUSH HOOK, LOCK STEPS BACK**

1-2            Step left forward, brush right forward  
3-4            Brush right across left shin, brush right forward  
5&6            Step right back, step left in front of right, step right back  
7&8            Step left back, step right in front of left, step left back

## **ROCK BACK, FORWARD ROLL, MAMBO ROCK, SAILOR STEP**

1-2            Step right back, replace weight back onto left  
3-4            Turn ½ left stepping back on right, turn ½ left stepping forward on left  
5&6            Step right to right side, replace weight on left, step right next to left  
7&8            Step left behind right, step right to right side, step left slightly to left side

## **JAZZ JUMPS, CLICK FINGERS, CROSS UNWIND, LEG SWINGS**

&1-2          Step right forward and out, step left forward and out, click fingers  
3-4            Cross right over left, unwind ½ turn to left clicking fingers  
5-6            Point right toe across left, point right toe to right side  
7&8            Hitch right knee up swinging right leg to the left, right, left

**REPEAT**

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