

Spirit Of The Hawk

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Val Reeves (UK)
音樂: The Spirit of the Hawk - Rednex



HEEL HOOK, KICK BALL CHANGE, ROCK AND TRIPLE TURN

1-2 Right heel forward, hook under left knee
3&4 Right kick forward, step on right change to left
5-6 Right rock forward, rock back on left
7&8 Turning ½ turn right on right triple step

HEEL HOOK, KICK BALL CHANGE, ROCK AND TRIPLE TURN

9-10 Left heel forward, hook under right knee
11&12 Left kick forward, step on left change to right
13-14 Left rock forward, rock back on right
15&16 Turning ½ turn left on left triple step

ROCKING CHAIR, VINE, ROCK

17-20 Rock forward on right, rock back on left, rock back on right, rock forward on left
21-24 Right step right, left step behind right, right step right, left rock across right

STEP, TURN, PIVOT TURN

25-26 Rock back on right, left step left turning ¼ turn left
27-28 Right step forward, pivot turn ½ turn left

STOMP FRONT, BEHIND, ROCK HIPS/SHOULDERS

29-30 Right stomp forward, left stomp behind right
31&32 Shake hips and shoulders
33-34 Left stomp forward, right stomp behind
35&36 Shake hips and shoulders

STEP, PIVOT TURN, SHUFFLE FORWARD

37-38 Right step forward, pivot turn ½ turn left
39&40 Right shuffle forward

STEP, SCUFF, STEP BACK, LASSO

41-42 Left step forward, right scuff up
43&44 Right step back, (weight stays on right) right arm in the air and lasso

SLOW COASTER, DOUBLE STOMP

45-46 Left step back, right step beside left
47&48 Left step forward, stomp right twice

ROCK FORWARD, BACK COASTER, ROCK FORWARD, BACK COASTER

49-50 Right rock forward, rock back on left
51&52 Right step back, left step beside right, right step forward
53-54 Left rock forward, rock back on right
55&56 Left step back, right step beside left, left step forward

ROCK AND TRIPLE TURN, TRIPLE TURN, JUMP BACK AND CLAP

57-58 Right rock forward, rock back on left
59&60 Right triple step turning ½ turn right

61&62 Left triple step turning $\frac{1}{2}$ right
&63&64 Right step back, left step back, feet slightly apart, clap hands

REPEAT

There is a change in tempo but just dance through it keeping the beat
