

The Spirit

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Karl Cregeen (UK)
音樂: The Spirit of the Hawk - Rednex



This track has a large break in tempo about 3/4 of the way through. Just keep the beat & dance through it! This dance is credited and dedicated to Susan, Brian & Jacqui. For offering a sanctuary to which I retreat and a friendship second to none. Thanks Guys.

SUGAR FOOT STEPS WITH LOCKS

- 1-2 Swivel on the ball of your right foot as you step towards the left corner with your left foot, then swivel on the ball of your left foot as you step towards the right corner with your right foot
- 3&4 Lock step diagonally forward towards the left corner stepping on your left, right, left
- 5-6 Swivel on the ball of your left foot as you step towards the right corner with your right foot, then swivel on the ball of your right foot as you step towards the left corner with your left foot
- 7&8 Lock step diagonally forward towards the right corner stepping on your right, left, right

ROCK STEPS WITH ½ PIVOT & HOOK, LOCK STEP

- 9-10 Rock forward on your left foot then replace your weight onto the right foot
- 11-12 Rock backwards onto your left foot then replace your weight onto your right
- Accentuate the rock by moving the arms and/or the hips forward and backwards gently**
- 13-14 Step forward with your left foot and pivot on the ball of the left ½ turn to the right (13), as you do this raise your right foot across the left in a hook (14)
- 15&16 Lock step forward at a slight angle stepping on your right, left, right

LOCK STEP, ROCK STEP FORWARD, TOUCH BACK TURN, SIDE SHUFFLE

- 17&18 Lock step forward with a slight angle stepping on your left, right, left
- 19-20 Rock forward on your right foot, then replace weight onto your left
- 21-22 Touch back with your right foot, pivot ½ turn towards the right, placing weight onto the front foot (right)
- 23&24 Step ¼ turn to the right as you shuffle to the left side stepping on left, right, left

2 X SAILOR STEPS, ½ PIVOT MODIFIED SYNCOPATED SPLIT

- 25&26 Step right behind left (slight angle to the right), take a small step to the left with the left foot, step slightly forward on your right foot
- 27&28 Step left behind right (slight angle to the left), take a small step to the right with the right foot, step slightly forward on your left foot
- 29-30 Step forward with your right foot, then pivot ½ turn towards the left (weight ends on left)
- &31 Step slightly outwards on the right foot, step slightly outwards on the left foot
- &32 Step slightly inwards on the right foot, touch left foot next to right

REPEAT
