

High Spirits

拍數: 32 牆數: 2 級數: Improver
編舞者: Margaret Stenhouse (UK)
音樂: Spirit In the Sky - Gareth Gates



TOE POINTS AND KNEE HITCHES

1-2 Point right toe across left, point diagonally back
3-4 Repeat
5-6 Hitch right knee, touch right toe next to left
7-8 Repeat

RIGHT SHUFFLE, CROSS ROCK, LEFT SHUFFLE, ½ TURN LEFT SHUFFLE RIGHT

9&10 Step right, close left, step right
11-12 Cross rock left across right, rock back on right
13&14 Step left, close right, step left
15&16 Pivot ½ turn left on left foot, stepping to right with right foot, close left, step right

GRAPEVINE WITH FULL TURN, CROSS, STEP

17-18 Step left, step right behind left
19-20 Step ¼ turn left, step forward on right
21-22 Step ½ turn left, step ¼ turn left onto right foot (to complete full turn)
23-24 Step left across right, step right

BODY ROLL (OR HIP BUMPS), JAZZ BOX

25-28 Body roll or hip bumps right, left, right, left
29-32 Cross right over left, step back on left, step to right side with right, step left next to right

Optional hand movements

1-4 Cross arms on point forward, extend arms diagonally on point back
4-8 Left hand at side of ear, elbow extended -push elbow towards knee on count 5 and up on count 6, repeat on counts 7&8

24-28 Place palms together, fingers pointing up
29-32 Elbows shoulder height, forearms and palms facing forward and up, move hands left, then center on counts 29&30 & repeat on counts 31&32

REPEAT
