

# 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

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