

# Catch The Spirit

拍數: 32      牆數: 4      級數:  
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)  
音樂: The Spirit of the Hawk - Rednex



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## RIGHT SYNCOPATED CROSS ROCK & RECOVER, LEFT SYNCOPATED CROSS ROCK & RECOVER, ½ PIVOT LEFT, STEP RIGHT & LEFT

1&2      Cross step right over left, step left in place, step right together  
3&4      Cross step left over right, step right in place, step left together  
5-6      Step right foot forward, ½ pivot turn left  
7-8      Step right foot in place, step left foot in place

## "THE SPIRIT OF THE HAWK"

1      Stretch left arm forward at shoulder level making a fist with the hand while the right fist is in towards the left inside elbow  
2&3      Keeping hands in fists roll right arm over left twice  
4      Take both arms out at shoulder level, elbows bent, fingers toward the ceiling, palms facing towards you, thumbs outstretched at right angles  
5      Bring both hands in front of you crossing left over right keeping thumbs approximately 9 inches apart with hands in same position (i.e., palms towards you with thumbs out)  
6      Bring both hands together and interlock thumbs  
**Hands should now be in a position resembling the wings of a bird**  
7-8      Flap fingers forward and back

## RIGHT SHUFFLE FORWARD, LEFT FORWARD ½ TURN RIGHT, HITCH LEFT, STEP FORWARD RIGHT TOGETHER LEFT, RIGHT OUT, LEFT OUT, RIGHT IN, LEFT IN

1&2      Step right foot forward, step left foot together, step right foot forward  
3-4      Step left foot forward, turn ½ right hitching up right knee  
5-6      Step right foot forward, step left together  
&7      Step right foot apart, step left foot apart  
&8      Step right foot in, step left foot together

## RIGHT HEEL, LEFT TOE WITH 1/8 TURN RIGHT (TWICE), RIGHT SIDE SHUFFLE, RIGHT SYNCOPATED CROSS ROCK & RECOVER

&1&2      Step on right foot, touch left heel forward, making a 1/8 turn right step down on left foot, touch right toes to left heel  
&3&4      Step on right foot, touch left heel forward, making a 1/8 turn right step down on left foot, touch right toes to left heel  
5&6      Step right foot to right side, step left foot next to right, step right foot to right side  
7&8      Cross step left over right, step right in place, step left together

**REPEAT**

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