

Spirits

拍數: 0 牆數: 0 級數: Phrased Intermediate
編舞者: Rob McKean (CAN) - March 2008
音樂: Ghosts in My Machine - Annie Lennox



DANCE SEQUENCE: A, B, C, A, B, C, A, C,A, B,A

PART A (48 Counts)

Right Heel, Hook, Shuffle, Left Heel, Hook Shuffle

1- 2 Touch right heel forward, hook right heel over left shin
3& 4 Step forward on right, together on left, forward on right
5- 6 Touch left heel forward, hook left heel over right shin
7& 8 Step forward on left, together on right, forward on left

Rock Recover, Toe Touch , Turn, Toe Touch, Turn, Rock Recover

9- 10 Rock forward on right, recover on left
11- 12 Touch right toe back, pivot ½ turn right. (Weight on right)
13- 14 Touch left toe forward, pivot ½ turn right (Weight on Left)
15- 16 Rock back on right, recover on left.

Toe Touches, Clap, Heel Touches, Clap

17&18 Touch right toe to right side, step together on right, and touch left toe to left side
&19&20 Step together on left, touch right toe to right side, clap twice
21&22 Touch right heel forward, step together on right, touch left heel forward
&23&24 Step together on left, touch right heel forward, clap twice

Shuffle Turn, Pivot, Lindy Left

25&26 Make a ¼ turn right stepping on right, step together on left, forward on right
27-28 Step forward on left, pivot ¾ turn right
29&30 Step side left, together on right, side left
31-32 Rock back on right, recover on left.

Step, Touch, Heel Jack, Hold, Repeat

33-34&35-36 Step forward on right, touch left toe to right instep, step back on left, touch right heel forward, hold
&37-38&39-40 Step together on right, step forward on left, touch right toe to left instep, step back on right, touch left heel forward, hold

Step Together, Cross, Step, Coaster Turn, Full Turn, Step, Touch

&41-42, 43&44 Step together on L, Cross right over left, step side left, step back on right making a ¼ turn right, step together on left, step forward on right
45-48 Make a full turn LEFT stepping on left, then right, step forward on left, touch right beside left

PART B (32 Counts)

Monterey Turn, Side Step, Slide Together, Repeat

1-4 Touch right toe to right side, pivot ½ turn right on left, step on right beside left, touch left toe to left side, step together on left.
5-8 Take a large step to the right on right,(1) slide left foot beside right,(2-3) step together on left (4)
9-16 Repeat steps 1-8

STEP TOUCH, Forward Twice, Back Twice

17-20 Step forward right, touch left toe beside right, step forward on left, touch right toe beside left

21-24 Step back on right, touch left toe beside right, step back on left, touch right toe beside left

Kick Forward, Side, Turning Shuffle, Repeat

25-26 Kick right foot forward, kick right foot to right side

27&28 Make a ½ turn right as you step right, left, right

29-30 Kick left foot forward, kick left foot to left side

31&32 Make a ½ turn left as you step left, right, left.

Part C (16 Counts)

Do the FIRST 16 counts of Part A
