

# The African Spirit

COPPERKNOB  
STEPPHETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Jana Monser (DE) & Mathias Pflug (DE) - September 2011  
音樂: Gimme Hope Jo'Anna - Eddy Grant



**Intro: Start on the vocals!**

## **Chassé, Rock Back, 1/4 Turn R Side, 1/2 Turn R, Side, Locking Shuffle Forward**

1&2      Step right to right, Step left beside right, Step right to right  
3-4      Step left, Recover on right  
5-6      1/4 turn right and step left to left, 1/2 turn right and step right back (9.00)  
7&8      Step left forward, Step right beside left, Step left forward

## **Cross, Back, Side, Crossing Shuffle, Side, 1/4 Turn L Sailor Shuffle**

1-2      Cross right over left, Step left back  
3      Step right to right  
4&5      Cross left over right, Step left beside right, Step left over right  
6      Step right to right  
7&8      1/4 turn left and coss left behind right, Step right beside left, Step left forward (6.00)

## **Skate R+L, Kick-Ball-Change x2**

1-2      Skate right forward, Skate left forward  
3&4      Kick right forward, Step right beside left, Step left beside right  
5-8      Repeat 1-4

## **Rock Forward, 1/2 Turn R Shuffle, Rock Forward, 3/4 Turn L Sailor Shuffle**

1-2      Step right forward, Recover on left  
3&4      1/4 turn right and step right to right, Step left beside right, 1/4 turn right and step right to right (6.00)  
5-6      Step left forward, Recover on right  
7&      1/4 turn left and Cross left behind right, 1/4 turn left and Step right back  
8      1/4 turn left and step left forward (3.00)

**Repeat & Enjoy! :)**

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