

Human Spirit

COPPER KNOB
BYEBOHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Birthe Tygesen (DK) - August 2012
音樂: Human Spirit - Amy Macdonald



(Intro 16 counts)

sec. 1: Step, brush, step, brush, shuffle fwd, rock step

1,2,3,4 step R forward, brush L, step L forward, brush R
5&6 step forward R, step L next to R, step forward R
7,8 rock forward L, recover onto R

sec. 2: Shuffle back, rock step, Rocking Chair

1&2 step back L, step R next to L, step back L
3,4 rock back R, recover onto L
5,6,7,8 rock forward R, recover onto L, rock back onto R, recover onto L
(**During Wall 3 restart the dance here to the back wall)

sec. 3: Monterey 1/4 turn, Rocking Chair

1,2,3,4 point R to R side, 1/4 turn R step R next to L, point L to L side, step L next to R
5,6,7,8 rock forward R, recover onto L, rock back onto R, recover onto L

sec. 4: paddle 1/4 turn, paddle 1/4 turn, step, touch, back, touch

1,2,3,4 step forward R, 1/4 turn L weight to L, step forward R, 1/4 turn L weight to L
5,6 step R forward to R diagonal, touch L next to R,
7,8 step L back to L diagonal., touch R next to L

****RESTART: wall 3 after 16 counts - Restart the dance (6:00)**

Enjoy :-)

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