

SPIRIT IN THE SHY

Choreographer: Wil Bos

Description: 32 counts, 4 walls, Beginner Line Dance

Music: Spirit In The Sky by Gareth Gates

Intro: 32 counts (00:18)

WALK FWD X2, HEEL SWITCHES, TOE SWITCHES, POINT, UNWIND 1/4 R

1-2 RF step forward, LF step forward

3&4& RF dig heel forward, RF together, LF dig heel forward, LF together

5&6& RF point side, RF together, LF point side, LF together

7-8 RF point side, LF 1/4 turn right on ball foot

COASTER, SHUFFLE FWD, ROCK FWD RECOVER, BALL ROCK FWD RECOVER

1&2 RF step back, LF together, RF step forward
3&4 LF step forward, RF step beside, LF step forward
5-6& RF rock forward, LF recover, RF step beside on ball foot

7-8 LF rock forward, RF recover

SHUFFLE $\frac{1}{2}$ L, ROCK SIDE RECOVER, BEHIND SIDE CROSS, ROCK SIDE RECOVER

1&2 LF 1/4 left step side, RF step beside, LF 1/4 left step forward

3-4 RF rock side, LF recover

5&6 RF cross behind, LF step side, RF cross over

7-8 LF rock side, RF recover

SAILOR 1/4 L, SHUFFLE FWD, PIVOT 1/2 R, PIVOT 1/4 R

1&2 LF 1/4 left cross behind, RF step beside, LF step slightly forward

3&4 RF step forward, LF step beside, RF step forward

5-6 LF step forward, L+R ½ turn right 7-8 LF step forward, L+R ¼ turn right

REPEAT

TAG+RESTART

Dance the 4th wall up to and including count 16 (count 8 of the 2nd section), add

& LF step beside on ball foot

and start again

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