

Keiino Spirit

32 Count, 4 Wall, Improver Choreographer: Tom Inge Soenju (NO) Sep 2019 Choreographed to: Spirit In The Sky by Keiino (3:05 mins - 122 bpm)

Made for the Bodoe Love Linedance group's linedanceweekend 13-15th September Note:

Alternative slower track: "Sorry" by Mali-Koa (2:60, 101 bmp, 8C intro, no tags/res)

Intro: 32 counts from vocal Repeating sequence with Sequence:

1 tag x2, same 4 count tag after wall 6 and wall 8 Tag/Restart:

End: Step fwd on RF. 1/2 L Pivot. Pose

Section 1: FWD ROCK/REC, R COASTER STEP, ROCK/REC, ½ L SHUFFLE

1 - 2 Rock fwd on RF, Recover weight onto LF

3 & 4 Step back on RF, Step LF next to RF, Step fwd on RF

5 - 6 Rock fwd on LF, Recover weight onto RF

7 & 8 1/4 L turn stepping LF to L side, Step RF next to LF, 1/4 L turn stepping fwd on LF (F06:00)

R STEP, ½ L PIVOT, ½ L BACK SHUFFLE, B ROCK/REC, CROSS SAMBA Section 2:

Step fwd on RF, ½ L turn (weight on LF) (F12:00) 1 - 2

¼ L turn stepping RF to R side, Step LF next to RF, ¼ L turn stepping back on RF (F06:00) 3 & 4

5 - 6 Rock back on LF, Recover weight onto RF

7 & 8 Cross LF over RF, Rock ball of RF to R side, Recover weight onto LF

Section 3: CROSS, SIDE, ¼ R SAILOR STEP, STEP, ½ L TURN, ¼ L CHASSÉ

Cross RF over LF, Step LF to L side 1 - 2

1/4 R turn stepping back on RF, Step LF next to RF, Step fwd on RF (F09:00) 3 & 4

5 - 6 Step fwd on LF, ½ L turn stepping back on RF (F03:00)

1/4 L turn stepping LF to L side, Step RF next to LF, Step LF to L side (F12:00) 7 & 8

CROSS, BACK, BALL-CROSS-POINT, BEHIND-POINT, 1/4 L SAILOR STEP Section 4:

Cross RF over LF, Step back on LF 1 - 2

&3 - 4Step ball of RF next to LF, Cross LF over RF, Point RF to R side

5 - 6 Step RF behind LF, Point LF to L side

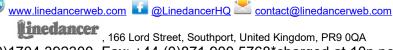
7 & 8 1/4 L turn stepping back on LF, step RF next to LF, Step fwd on LF (F09:00)

Tag 1 (after wall 6 and 8):

R ROCKING CHAIR

Rock fwd on RF, Recover weight onto LF 1 - 2 3 - 4 Rock back on RF, Recover weight onto LF

Start again and enjoy! Happy Dancing!





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