

Count: 72

Wall: 2

Level: intermediate

Choreographer: Viola Rensen

Music: Spirit In The Sky by Gareth Gates

- 1&2** Left foot, kick forward, left foot, step on ball of foot shifting weight on to right foot
- 3-4** Left foot step forward toe-heel (snap fingers to the right)
- 5-6** Right foot step forward toe-heel (snap fingers to the left)
- 7** Left foot step next to right foot - stretching right arm forward (palm facing forward and fingers upwards)
- 8** Stretch left arm forward matching right arm

1-4 keep arms stretched forward

- 1** Drop head to right shoulder while twisting, (waving) both hands to the right
- 2** Sway head over to left. Shoulder while twisting both hands to the left
- 3** Sway head over to right shoulder while twisting both hands to the right
- 4** Sway head over to left shoulder while twisting both hands to the left
- 5-8** Place right hand in front of chin and left hand on right hip, and in one movement

Styling:

5"Pull" chin to the right (this tilts head sideways, head stays facing forward) and bump hips to the left, sliding left hand to the left hip

- 6** Return head & right. Hand to center and slide the left hand back to the right hip
- 7-8** Repeat 5-6

TURN 1 ¼

- 1** Right foot step ¼ to right
- 2** Pivot ¼ turn right on right foot stepping left foot to left side
- 3** Pivot ½ turn right on left foot stepping forward on right foot
- 4** Pivot ¼ turn right on right foot stepping left foot next to right foot (3:00)

- 5 Left foot step diagonally forward left, stretching both arms diagonally forward in same direction

Fingers are interlocked and palms face forward

- 6 Hitch right knee diagonally left and pull both arms to the body
- 7 Step right foot in place, stretching both arms diagonally forward left fingers still interlocked and palms facing forward
- 8 Place right. Arm on back of neck & left hand on left hip (keep the hands on this position for the next 3 counts)
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- 1 Bring left. Knee diagonally up and bring right elbow to the left knee (bending body a little)
- 2 Step left foot back in place, weight remains on right foot
- 3 Bring left. Knee diagonally up and bring right elbow to the left knee (bending body a little)
- 4 Step left foot back in place keeping weight on right foot
- 5 Sway hips to left side swinging both hands up towards opposite shoulders (right arm in front of left arm)
- 6 Sway hips to right side bringing arms back to sides
- 7 Sway hips to left side swinging both hands up towards opposite shoulders
- 8 Place both hands on front of their respective hips
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- 1&2 Step right foot. Behind left foot, step left foot to the left, step right foot to the right
- 3&4 Step left foot behind right foot. Step right foot to the right, step left foot to the left
- 5&6 Step right foot forward, close left foot to right foot, step right foot forward
- 7&8 Step left foot forward, close right foot to left foot, step left foot forward
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- 1 Right foot step forward
- 2 Pivot ½ turn left
- 3&4 Step right foot forward, close left foot to right foot, step right foot forward
- 5&6 Step left foot forward, close right foot to left foot. Step left foot forward
- 7 Step right foot next to left foot, bending and slapping both knees

- 8 Straighten up and place both hands back, to front of hips

- 1 Left foot point to left side
- 2 Hold
- &3 Replace left foot & point right foot to right side
- 4 Hold
- 5 Right foot step forward
- 6 Pivot ½ turn left
- 7 Right foot step forward
- 8 Pivot ½ turn left

- 1 Right foot step diagonal forward to the right - push the right arm diagonally up to the right (keep the arm high)
- 2 Left foot step diagonally forward to the left - push the left arm diagonally up to the left (both arms are now up)
- 3 Bring both hands to the hips (left on left / right on right)
- 4 Push the right arm diagonally up to the right and place left hand on right shoulder
- 5-8 Bending knees a little bounce lightly through them 4 times

1&2(While turning body slightly to the right) sweep the right arm, to the right in a circle (down - up - down) ending with a slap to back of right thigh

- 3& Right foot kick forward, right foot step on ball of foot
- 4 Left foot cross over right foot
- 5 Right foot step to the right side, bending right arm up with stretched open hand, and left arm with stretched open hand down alongside body
- 6 Swiveling on heels, swivel toes & knees inwards, bending left arm up with stretched open hand, and right arm with stretched open hand down alongside body
- 7 Swiveling on heels, swivel toes & knees outwards, bending right arm up with stretched open hand, and left arm with stretched open hand down alongside body

8 Swiveling on heels, swivel toes & knees inwards, bending left arm up with stretched open hand, and right arm with stretched open hand down alongside body

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=38705