

THE SPIRIT MOVES

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Count: 16 **Wall:** 1 **Level:** beginner

Choreographer: Val Parry

Music: No News by Lonestar

WALKS FORWARD, ROCK, WALKS BACKWARD, COASTER STEP

- 1-2 Walk forward right, left
- 3-4 Rock forward right, replace weight on left
- 5-6 Walk backwards, right, left
- 7&8 Step back on right, close left next to right, step forward on right

SIDE, CLOSE, SIDE, KICK, GRAPEVINE

- 1-2 Step left to left side, close right to left
- 3-4 Step left to left side, kick right across left and clap (at same time)
- 5-6 Step right to right side, step left behind right
- 7-8 Step right to right side, step left next to right

REPEAT