

Count: 64

Wall: 1

Level: Phrased Improver

Choreographer: Cati Torrella, Jesus Moreno, Angeles Mateu - November 2018

Music: "My Spirit Flies To You" by Buddhist monk Sakya Tashi Ling.

Intro: 16 counts

Sequence: A (32) B (32) B(32) B(16) A (32) B(32) B(32) B(32)

PART A (Monks) 32 Counts

A[1-8]: Sugar Foot with arm movements

1-2 With weight on LF and Swivelling heel to the left, do a circular movement with RF from centre to the right side, Step down on RF keeping weight on it

With the index finger and thumb together, we make a circular motion with the right hand from the inside out stretching the arm

3-4 Swivelling right heel to the right, do a circular movement with LF from centre to the left side, Step down on LF keeping weight on it

With the index finger and thumb together, we make a circular motion with the left hand from the inside out stretching the arm

5-6 With weight on LF and Swivelling heel to the left, do a circular movement with RF from centre to the right side, Step down on RF keeping weight on it

With the index finger and thumb together, we make a circular motion with the right hand from the inside out stretching the arm

7-8 Swivelling right heel to the right, do a circular movement with LF from centre to the left side, Step down on LF keeping weight on it

With the index finger and thumb together, we make a circular motion with the left hand from the inside out stretching the arm

A[9-16]: Rocking Chair, Step ½ Turn x2

1 Rock forward on RF

2 Recover weight on LF

Stretch your right arm forward, palm up

3 Rock back on RF

4 Recover weight on LF

Collect the arm carrying the right hand over the heart

5 Step forward on RF

Stretch your right arm forward, palm up

6½ Turn to left, changing weight on LF

Collecting the right arm

7 Step forward on RF

Stretch your right arm forward, palm up

8½ Turn to left, changing weight on LF

Collecting the right arm

A[17-24]: Repeat counts 1-8

Sugar Foot with arm movements

A[25-32]: Step ¼ Turn doing Toe Struts with hips x 4

1-2¼ turn to left on RF and Touch to right side with right Toe Bumping hips, lower the heel keeping weight on RF (9:00)

3-4¼ turn to left on RF and Touch forward with left Toe Bumping hips, lower the heel keeping weight on LF (6:00)

1-2¼ turn to left on RF and Touch to right side with right Toe Bumping hips, lower the heel keeping weight on RF (3:00)

3-4¼ turn to left on RF and Touch forward with left Toe Bumping hips, lower the heel keeping weight on LF (12:00)

While making the turn, open your arms at your sides with palms facing up

Part B (Vocals) 32 Counts

B[1-8]: Walk , Walk, Kick Ball Step, Step-Point, Step-Point

1-2 Walk forward on RF, walk forward on LF

3&4 Kick ball Step with RF

5-6 Step RF to right side, Point Left toe to left side Bumping hips to the left

Open the arms at the sides with the palms facing upwards and with the index and thumb fingers together

7-8 Step LF to left side, Point Right Toe to right side Bumping hips to the right

Open the arms at the sides with the palms facing upwards and with the index and thumb fingers together

B[9-16]: Sailor Step, Sailor Step $\frac{1}{4}$, Paddle Turn

1&2 Step RF behind left, Step LF slightly to the left, Step RF slightly to the right

3&4 Step LF behind right, $\frac{1}{4}$ turn to left and Step RF slightly to the right, Step LF slightly forward (9:00)

5& Touch right Toe forward, Turn $\frac{1}{4}$ to left pushing with right hip and change weight to LF (6:00)

6& Touch right Toe forward, Turn $\frac{1}{4}$ to left pushing with right hip and change weight to LF (3:00)

7& Touch right Toe forward, Turn $\frac{1}{4}$ to left pushing with right hip and change weight to LF (12:00)

8& Touch right Toe forward, Turn $\frac{1}{4}$ to left pushing with right hip and change weight to LF (9:00)

Here Restart on 3rd repetition

B[17-24]: Cross, Side, Behind, Side, Point, Cross $\frac{1}{4}$ Turn, Triple $\frac{1}{2}$ Turn

1 Cross RF over left

2 Step LF to left side

3 Step RF behind left

& Step LF to left side

4 Point RF slightly forward on diagonal

& Step RF behind left

5 Cross LF over right

6 $\frac{1}{4}$ turn to left and step back on RF

7&8 Triple step turning $\frac{1}{2}$ to left with LF-RF-LF (12:00)

B[25 - 32]: Mambo Forward, Step Back x 2, Sailor Step $\frac{1}{2}$ Turn, Step, $\frac{1}{2}$ Turn

- 1 Rock forward on RF
- & Recover weight back on LF
- 2 Step back on RF doing Sweep with LF from forwards to back at same time
- 3 Step back on LF doing Sweep with RF from forwards to back at same time
- 4 Step back on RF doing Sweep with LF from forwards to back at same time
- 5&6 Sailor Step turning $\frac{1}{2}$ to left with LF- RF-LF (6:00)
- 7-8 Step forward on RF, $\frac{1}{2}$ turn to left finishing with weight on LF (12:00)

Sequence: A (32) B(32) B(32) B(16 * Restart) A (32) B(32) B(32) B(32)

Restart: On 3rd repetition of Part B, there is a Restart after Count 16

When we do the Paddle Turn, we will do only $\frac{3}{4}$ Turn, doing a Hold on count 16 and finishing at 12:00, to start part A again at 12:00h