

# Keiino Spirit

LINEDANCE.COM

**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Tom Inge Soenju (NOR), 4th September 2019

**Music:** "Spirit in the Sky" by Keiino. - 3:05, 122 bpm

**Music Availability: Available on iTunes, Google Play and Amazon.**

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

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

**Intro: 32 counts from vocal**

**Sequence: Repeating sequence with**

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

**End: Step fwd on RF, ½ 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 & 8¼ L turn stepping LF to L side, Step RF next to LF, ¼ L turn stepping fwd on LF (F06:00)**

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

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

**3 & 4¼ L turn stepping RF to R side, Step LF next to RF, ¼ L turn stepping back on RF (F06:00)**

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**

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

**3 & 4¼ R turn stepping back on RF, Step LF next to RF, Step fwd on RF (F09:00)**

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

**7 & 8¼ L turn stepping LF to L side, Step RF next to LF, Step LF to L side (F12:00)**

### **Section 4: CROSS, BACK, BALL-CROSS-POINT, BEHIND-POINT, ¼ L SAILOR STEP**

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

**&3 - 4** Step 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 & 8¼ 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**

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

**3 - 4** Rock back on RF, Recover weight onto LF

### **Start again and enjoy! Happy Dancing!**

**Contact: If anything is unclear or if you would like additional information, please contact me:**

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**Last Update - 22 Sept. 2019**

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