

# Human Spirit

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**Count:** 32      **Wall:** 4      **Level:** Beginner

**Choreographer:** Birthe Tygesen (DK) Aug 2012

**Music:** Human Spirit by Amy MacDonald

## **(Intro 16 counts)**

### **sec. 1: Step, brush, step, brush, shuffle fwd, rock step**

1,2,3,4step R forward, brush L, step L forward, brush R

5&6step forward R, step L next to R, step forward R

7,8rock forward L, recover onto R

### **sec. 2: Shuffle back, rock step, Rocking Chair**

1&2step back L, step R next to L, step back L

3,4rock back R, recover onto L

5,6,7,8rock forward R, recover onto L, rock back onto R, recover onto L

**(\*\*During Wall 3 restart the dance here to the back wall)**

### **sec. 3: Monterey 1/4 turn, Rocking Chair**

1,2,3,4point R to R side, 1/4 turn R step R next to L, point L to L side, step L next to R

5,6,7,8rock forward R, recover onto L, rock back onto R, recover onto L

### **sec. 4: paddle 1/4 turn, paddle 1/4 turn, step, touch, back, touch**

1,2,3,4step forward R, 1/4 turn L weight to L, step forward R, 1/4 turn L weight to L

5,6step R forward to R diagonal, touch L next to R,

7,8step L back to L diagonal., touch R next to L

**\*\*RESTART: wall 3 after 16 counts - Restart the dance (6:00)**

**Enjoy :-)**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=88592](https://www.linedance.com/index.php?f=dance_view&id=88592)