

HIGH SPIRITS

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Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Alison Smith

Music: Spirit In The Sky by Gareth Gates

INTRODUCTION

Performed before the vocals

HIP BUMPS, SIDE ROCKS, SIDE TOUCH, KNEE HITCH

- 1 Hands on hips, bump hip to right as you pop left knee forward
- 2-4 Repeat count one three more times
- 5-8 Keep bumping hips to right with right hand on hip, push heel of left hand across body (waist height) toward right (in time to hip bumps)
- 9 Large step right on right, as you step, place hands together in prayer position
- 10 Step right in next to left (keep hands in prayer)
- 11-12 Large step left on left (hand still in prayer), step left in next to right (hands in prayer)
- 13 Touch right foot to right side (placing left hand behind head with elbow pointing out to side)
- 14 Hitch right knee up & inwards across body (bring left elbow across body towards right knee)
- 15-16 Return right foot to touch at right side (left elbow back to side), repeat right knee hitch & left elbow across body (count 14)
- 17-32 Repeat counts 1-16 of introduction

THE MAIN DANCE

Danced after intro. Also insert the 16 count intro as a tag at the end of walls 2, 4 & 5

TOE TOUCHES, KICK, GRAPEVINE INTO $\frac{1}{4}$ TURN LEFT HITCHING KNEE (HANDS ON HIPS)

- 1-2 Touch right foot to right side, touch right foot across body diagonally to left
- 3-4 Touch right foot to right side, kick right foot across body diagonally to left
- 5-6 Step right to right side, cross left behind right
- 7-8 Step right to right side, make $\frac{1}{4}$ turn left on right hitching left knee forward

WALK FORWARD, KICK & CLAP, SIDE TOUCH, ¼ TURN RIGHT HITCHING KNEE, COASTER STEP

- 9-12** Walk forward left, right, left, kick right forward clapping hands once
- 13-14** Touch right foot to right side, make ¼ turn right on left foot hitching right knee forward
- 15&16** Step back right, step left beside right, step forward right

ROLLING FULL TURNS LEFT & RIGHT

Hold hands up at sides like a waiter holding trays in both hands

- 17-18** Step left ¼ turn left, on ball of left make ¼ turn left, stepping right to right side
- 19-20** On ball of right make ½ turn left, stepping left to left side, touch right beside left, clap
- 21-22** Step right ¼ turn right, on ball of right make ¼ turn right, stepping left to left side
- 23-24** On ball of left make ½ turn right, stepping right to right side, touch left beside right, clap

SIDE ROCK & CROSS TWICE, TOE TOUCH, ¼ TURN HITCHING KNEE, COASTER STEP (HANDS IN PRAYER)

- 25&26** Rock left to left side, rock onto right in place, cross left over right
- 27&28** Rock right to right side, rock onto left in place, cross right over left
- 29-30** Touch left foot to left side, make ¼ turn left on right foot, hitching left knee forward
- 31-32** Step back left, step right beside left, step forward left

REPEAT

TAG

Repeat 'the dance' using the 16-count intro as a tag after walls 2, 4 and 5

ENDING

The dance ends on the rolling turns (counts 17-24, 9:00 wall, slow down with the music), to finish facing the front wall make the right rolling turn 1 ¼ turns to right, bring feet together & place hands in prayer looking up to the sky