

Keiino Spirit



Count: 32

Wall: 4

Level: Improver

Choreographer: Tom Inge Soenju (NOR) - September 2019

Music: Spirit in the Sky - Keiino



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 & 8 ¼ 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 & 4 ¼ 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 & 4 ¼ 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 & 8 ¼ 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 & 8 ¼ 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

