

HUMAN SPIRIT

Beginner Linedance
32 counts 4 walls (1 really easy restart during wall 3)
Choreographer: Birthe Tygesen (DK) birthetygesen@gmail.com
Music: Human Spirit by Amy MacDonald (intro 16 counts)

sec. 1 Step, brush, step, brush, shuffle fwd, rock step
1,2,3,4 step R forward, brush L, step L forward, brush R
5&6 step forward R, step L next to R, step forward R
7,8 rock forward L, recover onto R

sec. 2 Shuffle back, rock step,Rocking Chair
1&2 step back L, step R next to L, step back L
3,4 rock back R, recover onto L
5,6,7,8 rock 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
1,2,3,4 point R to R side, 1/4 turn R step R next to L, point L to L side, step L next to R
5,6,7,8 rock 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
1,2,3,4 step forward R, 1/4 turn L weight to L, step forward R, 1/4 turn L weight to L
5,6 step R forward to R diagonal, touch L next to R,
7,8 step L back to L diagonal., touch R next to L

**RESTART: wall3 after 16 counts restart the dance (6:00)

Enjoy :-)