



SPIRITS

Music: The Strumbellas, CD: Hope
 Choreo: Sandra Pohlmann (sandra.pohlmann@googlemail.com)

Beginner
80 BPM
3:24

Sequence: **Intro A B C A B* C D C**
 wait 16 beats

Intro: (16)

8 Toe-Heel T H Turn 1/1 L
 L/R/L/R ... L L
 & 1

8 Toe-Heel T H Turn 1/1 R
 L/R/L/R ... L L
 & 1

Part A: (32)

4 Basic DS RS
 L/R/L/R L RL
 &1 &2

2 Triple DS DS DS RS
 L&R L R L RL
 &1 &2 &3 &4

Repeat all above (opposite footwork)

Part B: (12)

4 Basic DS RS
 L/R/L/R L RL
 &1 &2

4 Step S
 L/R/L/R L
 1

 ** Part B* **
 ** just 4 Basics **
 ** (omit 4 Steps) **

Part C: (32)

Triple DS DS DS RS
 L R L RL
 &1 &2 &3 &4

2 Basic DS RS
 R&L R LR
 &1 &2

Repeat Triple & 2 Basics (opposite footwork) and add:

8 Toe-Heel T H
 L/R/L/R ... L L
 & 1

2 Triple DS DS DS RS
 L&R L R L RL
 &1 &2 &3 &4

Part D: (24)

4 Step S
 L/R/L/R L
 1

4 Basic DS RS
 L/R/L/R L RL
 &1 &2

4 Toe-Heel T H
 L/R/L/R L L
 & 1

Repeat all above twice