



# The Spirit



Karl Cregeen

INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b>	<b>Sugar Foot Swivels (Skater Steps), Step Locks.</b>		
1	Swivel on ball of right whilst stepping towards left corner on left.	Left	Diagonal Left
2	Swivel on ball of left whilst stepping towards right corner on right.	Right	Diagonal Right
3 & 4	Step left diagonally left. Lock right behind left. Step left diagonally left.	Left Lock Left	Forward
5	Swivel on ball of left whilst stepping towards right corner on right.	Right	Diagonal Left
6	Swivel on ball of right whilst stepping towards left corner on left.	Left	Diagonal Right
7 & 8	Step right diagonally right. Lock left behind right. Step right diagonally right.	Right Lock Right	Forward
<b>Section 2</b>	<b>Rocking Chair, 1/2 Turn Hook, Right Lock Step.</b>		
1 - 2	Rock forward on left. Recover on right. (Sway hips)	Rock Recover	On the spot
3 - 4	Rock back on left. Recover on right. (Sway hips)	Back Recover	
5 - 6	Stepping forward on left make 1/2 turn right. Hook right to left shin.	1/2 Turn Hook	Turning Right
7 & 8	Step forward right. Lock left behind right. Step forward right.	Right Lock Right	Forward
<b>Section 3</b>	<b>Left Lock Step, Forward Rock, Toe 1/2 Turn, 1/4 Turn Chasse.</b>		
1 & 2	Step forward left. Lock right behind left. Step forward left.	Left Lock Left	Forward
3 - 4	Rock forward right. Recover on left.	Rock Recover	On the spot
5 - 6	Touch right toe back. Pivot 1/2 turn right taking weight on right.	Toe 1/2 Turn	Turning Right
7 & 8	Step left 1/4 turn right. Close right to left. Step left to left.	1/4 Turn Close Side	
<b>Section 4</b>	<b>Right &amp; Left Sailor Steps, Step 1/2 Pivot, Syncopated Outs &amp; Ins.</b>		
1 & 2	Step right behind left. Step left to left. Step right in place.	Right Sailor	On the spot
3 & 4	Step left behind right. Step right to right. Step left in place.	Left Sailor	
5 - 6	Step forward right. Pivot 1/2 turn left.	Step 1/2 Pivot	Turning Left
& 7	Step out on right. Step out on left.	Out Out	On the spot
& 8	Step in on right. Touch left beside right (no weight).	In Touch	

Note: If danced to Spirit of the Hawk this track has a large break in the music about 3/4 way, just keep the beat and dance through.

**4 Wall Line Dance:-** 32 Counts. Intermediate Level.

**Choreographed by:-** Karl Cregeen (UK) 2002.

**Choreographed to:-** 'Spirit Of The Hawk' by Rednex (121 bpm) from Simply 'The Best Line Dance Album In The World'.  
(121 bpm) 32 count introduction.

**Alternative Music:-** 'Kiss This' by Aaron Tippin.