Spirit

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Maggie Gallagher (UK) - October 2026
Music: Spirit - Sydnie Christmas

Intro: 8 counts, start on vocals (approx. 4 secs)

No tags or restarts

S1: ROCK, RECOVER, SHUFFLE ½ R, WALK, ½ L, ¼ L CHASSE

1-2	Rock forward on right, Recover back on left
3&4	¼ right stepping right to right side, Step left next to right, ¼ right stepping forward on right [6:00]
5-6	Walk forward on left, ½ left stepping back on right [12:00]
7&8	¼ left stepping left to left side, Step right next to left, Step left to left side [9:00]

S2: CROSS, SIDE, R SAILOR STEP, CROSS, SIDE, TOUCH, UNWIND ½ L

1-2	Cross right over left, Step left to left side
3&4	Cross right behind left, Step left to left side, Step right to right side
5-6	Cross left over right. Step right to right side
7-8	Touch left behind right, Unwind ½ left (weight ending on left) [3:00]

S3: STEP, HOLD, & STEP, TOUCH, STEP, HOLD, & STEP, TOUCH

1-2	Step forward on right to right diagonal, HOLD [4:30]
&3-4	Step left next to right, Step forward on right, Touch left toe next to right [4:30]
5-6	Step forward on left to left diagonal, HOLD [1:30]
&7-8	Step right next to left, Step forward on left, Touch right toe next to left [1:30]

S4: OUT OUT, BACK, L COASTER STEP, R ROCKING CHAIR

&1	Step out and slightly back on right straightening to [3:00], Step left out to left side
2	Step back on right
3&4	Step back on left, Step right next to left, Step forward on left
5-6-7-8	Rock forward on right, Recover back on left, Rock back on right, Recover forward on left [3:00]

ENDING: At the end of Wall 11, turn ¼ right stepping right to right side, to finish facing [12:00]

Thank you to Jane Kenrick for suggesting this music
This dance is dedicated to Mandy Eades to celebrate 10 years of organising her Maggie G Workshop events in Bath

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