



Human Spirit

4 WALL - 32 COUNTS - BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Step, Brush, Step, Brush, Forward Shuffle, Forward Rock		
1 - 4	Step right forward. Brush left forward. Step left forward. Brush right forward.	Right Brush Left Brush	Forward
5 & 6	Step right forward. Close left beside right. Step right forward.	Right Shuffle	
7 - 8	Rock forward on left. Recover onto right.	Rock Forward	On the spot
Section 2	Backward Shuffle, Back Rock, Rocking Chair		
1 & 2	Step left back. Close right beside left. Step left back.	Shuffle Back	Back
3 - 4	Rock back on right. Recover onto left.	Rock Back	On the spot
5 - 8	Rock forward on right. Recover onto left. Rock back on right. Recover onto left.	Rocking Chair	
Restart	Wall 3: Restart dance from the beginning (facing back wall).		
Section 3	Monterey 1/4 Turn, Rocking Chair		
1 - 2	Point right to right side. Turn 1/4 right stepping right beside left. (3:00)	Point Turn	Turning right
3 - 4	Point left to left side. Step left beside right.	Point Together	On the spot
5 - 8	Rock forward on right. Recover onto left. Rock back on right. Recover onto left.	Rocking Chair	
Section 4	Step, 1/4 Turn, Step, 1/4 Turn, Step, Touch, Back, Touch		
1 - 2	Step right forward. Pivot 1/4 turn left (weight onto left).	Step Quarter	Turning left
3 - 4	Step right forward. Pivot 1/4 turn left (weight onto left). (9:00)	Step Quarter	
5 - 6	Step right forward to right diagonal. Touch left beside right.	Forward Touch	Forward
7 - 8	Step left back to left diagonal. Touch right beside left.	Back Touch	Back

Choreographed by: Birthe Tygesen (DK) August 2012

Choreographed to: 'Human Spirit' by Amy MacDonald from CD In A Beautiful Light; download available from amazon.co.uk or iTunes (16 count intro)

Restart: One Restart during Wall 3



A video clip of this dance is available at www.linedancermagazine.com