

SPIRIT OF THE HAWK

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Count: 64

Wall: 4

Level: intermediate/advanced

Choreographer: Val Reeves

Music: Spirit Of The Hawk by The Rednex

HEEL HOOK, KICK BALL CHANGE, ROCK AND TRIPLE TURN

- 1-2 Right heel forward, hook under left knee
- 3&4 Right kick forward, step on right change to left
- 5-6 Right rock forward, rock back on left
- 7&8 Turning $\frac{1}{2}$ turn right on right triple step

HEEL HOOK, KICK BALL CHANGE, ROCK AND TRIPLE TURN

- 9-10 Left heel forward, hook under right knee
- 11&12 Left kick forward, step on left change to right
- 13-14 Left rock forward, rock back on right
- 15&16 Turning $\frac{1}{2}$ turn left on left triple step

ROCKING CHAIR, VINE, ROCK

- 17-20 Rock forward on right, rock back on left, rock back on right, rock forward on left
- 21-24 Right step right, left step behind right, right step right, left rock across right

STEP, TURN, PIVOT TURN

- 25-26 Rock back on right, left step left turning $\frac{1}{4}$ turn left
- 27-28 Right step forward, pivot turn $\frac{1}{2}$ turn left

STOMP FRONT, BEHIND, ROCK HIPS/SHOULDERS

- 29-30 Right stomp forward, left stomp behind right
- 31&32 Shake hips and shoulders
- 33-34 Left stomp forward, right stomp behind
- 35&36 Shake hips and shoulders

STEP, PIVOT TURN, SHUFFLE FORWARD

- 37-38 Right step forward, pivot turn $\frac{1}{2}$ turn left

39&40 Right shuffle forward

STEP, SCUFF, STEP BACK, LASSO

41-42 Left step forward, right scuff up

43&44 Right step back, (weight stays on right) right arm in the air and lasso

SLOW COASTER, DOUBLE STOMP

45-46 Left step back, right step beside left

47&48 Left step forward, stomp right twice

ROCK FORWARD, BACK COASTER, ROCK FORWARD, BACK COASTER

49-50 Right rock forward, rock back on left

51&52 Right step back, left step beside right, right step forward

53-54 Left rock forward, rock back on right

55&56 Left step back, right step beside left, left step forward

ROCK AND TRIPLE TURN, TRIPLE TURN, JUMP BACK AND CLAP

57-58 Right rock forward, rock back on left

59&60 Right triple step turning $\frac{1}{2}$ turn right

61&62 Left triple step turning $\frac{1}{2}$ right

&63&64 Right step back, left step back, feet slightly apart, clap hands

REPEAT

There is a change in tempo but just dance through it keeping the beat