

SPIRIT IN THE SKY

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MUSIC: Song: Spirit In The Sky Artist: Norman Greenbaum
Music Media: Record: Reprise 0885 Flip: "Milk Cow" LP Album: Reprise 6365 "Spirit In The Sky"
 Download available from amazon.com - CD: Spirit In The Sky "The Definitive Anthology", Disc 1, Track 2
 Music Modified: **Faded at 3:07** 130 BPM/33 MPM TIME@BPM: 3:07@130 BPM

FOOTWORK: Opposite unless indicated (Woman's footwork in parentheses)
RHYTHM: Jive **RAL Phase:** IV + 2 [Stop & Go, Chasse Roll]
SEQUENCE: INTRO A B C D B A D END

meas:

INTRODUCTION

1-5

LOP MAN FCG WALL WAIT 2 MEAS;; LINK ROCK SCP ~ RIGHT TURNING FALLAWAY

RLOD;;;

1-2

Wait ;;

3-5

{LINK RK SCP} Rk bk L, rec R, trpl fwd L/R, L, (W Rk bk R, rec L, trpl fwd R/L, R) ; Sd R/L, R blending to SCP LOD (W Sd L/R, L blending to SCP) ,
 {R TRNG FALWY} Rk bk L, rec R (W Rk bk R SCP, rec L to fc) ; Commence 1/4 RF trn sd L/cl R, comp trn sd L, commence 1/4 RF trn sd R/cl L, comp trn sd R to SCP RLOD (W Commence 1/4 RF trn sd R/cl L, comp trn sd R commence 1/4 RF trn sd L/cl R) ;

6-8

RIGHT TURNING FALLAWAY WALL ~ BASIC ROCK BFLY;;;

6-8

{R TRNG FALWY} Rk bk L, rec R, commence 1/4 RF trn sd L/cl R, comp trn sd L (W Rk bk R SCP, rec L to fc, commence 1/4 RF trn sd R/cl L, comp trn sd R) ; Commence 1/4 RF trn sd R/cl L, comp trn sd R to CP WALL (W Commence 1/4 RF trn sd L/cl R),
 {BAS RK} Rk bk L, rec R (W Rk bk R, rec L) ; Sd L/cl R, sd L, sd R/cl L, sd R to BFLY (W Sd R/cl L, sd R, sd L/cl R, sd L to BFLY) ;

PART A

1-4

AWAY KICK FACE TOUCH TWICE;; *VINE 3 CLAP; *RLOD VINE 3 BFLY; [*see note at end]

1

{AWY KCK FC TCH} Sd L trng to fc LOD, kck R twd LOD, rec R trng to fc ptr, tch L to R (W Sd R trng to fc LOD, kck L twd LOD, rec L trng to fc ptr, tch R to L) ;

2

{AWY KCK FC TCH} Same as Part A meas 1 ;

3

{VIN 3 CLAP} Sd L, XRib, sd L, tch R to L & clap (W Sd R, XLib, sd R, tch L to R & clap) ;

4

{VIN 3 BFLY} To RLOD Sd R, XLib, sd R, blend to BFLY (W To RLOD Sd L, XRib, sd L, blend to BFLY) ;

5-8

AWAY KICK FACE TOUCH TWICE;; VINE 3 CLAP; RLOD VINE 3; [2nd time to SCP LOD]

5-8

Same as Part A meas 1-4 except end in LOP FCG ;;;; [2nd time end in SCP LOD]

PART B

1-8

LINK ROCK TO SCP ~ CHANGE RIGHT TO LEFT;;; AMERICAN SPIN ~ CHANGE LEFT TO RIGHT TO WALL;;; STOP AND GO [POINT UP];;

1-3

{LINK RK SCP} Rk bk L, rec R, small trpl fwd L/R, L (W Rk bk R, rec L, small trpl fwd R/L, R) ; Sd R/L, R blending to SCP LOD (W Sd L/R, L blending to SCP),
 {CHG R TO L} Rk bk L, rec R, (W rk bk R, rec L) ; Sd L/cl R, sd L commence 1/8 LF trn, sd & fwd R/cl L to fc LOD, sd R (W Sd R/cl L, fwd R commence 3/4 RF trn undr jnd lead hnds to fc RLOD sd & slightly bk L/cl R, sd & bk L) ;

4-6

{AMER SPN} Rk bk L, rec R, sd L/cl R, sd L (W Rk bk R, rec L, sd R/cl L, sd R spinning RF one full trn) ; Sd R/cl L, sd R (W Sd L/cl R, sd L) ,
 {CHG L TO R} Rk bk L, rec R (W Rk bk R, rec L) ; Sd L/cl R, sd L commence 1/4 RF trn to fc WALL, sd R/cl L, sd R (W, fwd R/cl L, fwd R commence up to 3/4 LF trn undr jnd lead hnds comp LF trn to fc ptr & COH, sd L/cl R, sd L) ;

7-8

{STOP & GO} Rk bk L, rec R, fwd L/cl R, fwd L & point R hnd twd sky (W Rk bk R, rec L, fwd R commence 1/2 LF trn/cl L, bk R comp 1/2 LF trn undr jnd hnds to end at M's R sd & point L hnd twd sky) ; Rk fwd R, rec L, small bk R/cl L, bk R end fcg ptr & WALL (W Rk bk L, rec R, fwd L commence 1/2 RF trn/cl R, bk L comp 1/2 RF trn undr jnd hnds to end fcg M & COH) ;

9-16

BASIC ROCK ~ FALLAWAY THROWAWAY;;; LINK ROCK SCP ~ PRETZEL TURN WITH DOUBLE ROCK BFLY;;; :

- 9-11 {BAS RK} Rk apt L, rec R, sd L/cl R, sd L (W Rk apt R, rec L, sd R/cl L, sd R) ; Sd R/cl L, sd R (W Sd L/cl R, sd L) ,
{FALWY THRWY} Rk bk L SCP, rec R (W rk bk R SCP, rec L) ; SCP LOD fwd L/cl R, fwd L leading W to trn LF 1/2 to fc M, fwd R/cl L, fwd R to end in LOP LOD (W fwd R/cl L, fwd R trn LF 1/2 to end LOP RLOD, bk L/cl R, bk L) ;
- 12-13.5 {LINK RK SCP} Rk bk L, rec R, trpl fwd L/R, L (W Rk bk R, rec L, trpl fwd R/L, R) ; Sd R/L, R blending to SCP LOD (W Sd L/R, L blending to SCP) ,
- 13.5-14 {PRTZL TRN W/ DBL RK} Rk bk L, rec R to fc ptr (W Rk bk R, rec L to fc ptr) ; Sd L/cl R, sd L trng 1/2 RF keeping M's L & W's R hnds jnd, sd R/cl L, sd R trng up to 1/4 RF [ptrs are in a bk-bk "V" pos w/ M's L & W's R hnds joined behind backs] (W sd R/cl L, sd R trng 1/2 LF, sd L/cl R, sd L trng up to 1/4 LF) ;
- 15 Rk fwd XLif twd LOD w/ R hnd extended fwd to LOD, rec R, rk fwd XLif twd LOD w/ R hnd extended fwd, rec R trng up to 1/4 LF (W Rk fwd XRif twd LOD w/ L hnd extended fwd undr M's, rec L, rk fwd XRif twd LOD w/ L hnd extended fwd undr M's, rec L trng up to 1/4 RF) ;
- 16 Sd L/cl R, sd L trng 1/2 LF to fc ptr still retaining M's L & W's R hnds, sd R/cl L, sd R BFLY WALL (W sd R/cl L, sd R trng 1/2 RF to fc ptr, sd L/cl R, sd L BFLY COH) ;

PART C

1-8

WINDMILL TWICE;;; SPANISH ARMS TWICE;;; LINK ROCK SCP ~ ROCK RECOVER;;

- 1-3 {WINDMILL} Rk bk L, rec R commence 1/4 LF trn, fwd L in front/cl R, fwd L comp 1/4 LF trn (W Rk bk R, rec L commence 1/4 LF trn, fwd R/cl L, fwd R comp 1/4 LF trn) ; Sd R commencing 1/4 LF trn/cl L, sd R comp 1/4 LF trn to BFLY COH (W Sd L commence 1/4 LF trn/cl R, sd L comp 1/4 LF trn to BFLY WALL) ,
{WINDMILL} Rk bk L, rec R commence 1/4 LF trn (W Rk bk R, rec L commence 1/4 LF trn) ; Fwd L in front/cl R, fwd L comp 1/4 LF trn, Sd R commencing 1/4 LF trn/cl L, sd R comp 1/4 LF trn to BFLY WALL (W fwd R/cl L, fwd R comp 1/4 LF trn, Sd L commence 1/4 LF trn/cl R, sd L comp 1/4 LF trn to BFLY COH) ;
- 4-6 {SPAN ARMS} Rk bk L, rec R trng RF & leading W to trn LF under joined raised lead hands, sd L/cl R, sd L cont RF trn to momentary wrapped position without lowering raised hands (W Rk bk R, rec L trng 1/4 LF under joined lead hands, sd R/cl L, sd R trng 3/4 RF) ; Sd R/cl L , sd R leading woman to turn RF to return to BFLY position from the wrapped position Man's steps are slight and almost in place to end BFLY COH (W Sd L/cl R, sd L to BFLY WALL) ,
{SPAN ARMS} Rk bk L, rec R trng RF & leading W to trn LF under joined raised lead hands, sd L/cl R, sd L cont RF trn to momentary wrapped position without lowering raised hands (W Rk bk R, rec L trng 1/4 LF under joined lead hands, sd R/cl L, sd R trng 3/4 RF) ; Sd R/cl L , sd R leading woman to turn RF to return to BFLY position from the wrapped position Man's steps are slight and almost in place to end BFLY WALL (W Sd L/cl R, sd L to BFLY COH) ;
- 7 {LINK RK SCP} Rk bk L, rec R, small trpl fwd L/R, L (W Rk bk R, rec L, small trpl fwd R/L, R) ;
- 8 Sd R/L, R blending to SCP LOD (W Sd L/R, L blending to SCP LOD), {RK REC} Rk bk L, rec R, (W Rk bk R, rec L) ;

PART D

1-4

2 FORWARD TRIPLES; POINT STEPS; THROWAWAY; ROCK RECOVER & HOLD;

- 1 {2 FWD TRPLS} Fwd L/R, L, fwd R/L, R (W Fwd R/L, R, fwd L/R, L) ;
- 2 {PT STPS} Point L fwd w/ outsd edge of foot in floor contact, fwd L, point R thru w/ outsd edge of foot in floor contact in line w/ weighted foot, fwd R (W Point R fwd w/ outsd edge of foot in contact w/ floor, fwd R, point L thru w/ outsd edge of foot in contact w/ floor & in line w/ weighted foot, fwd L) ;
- 3 {THRWY} SCP LOD fwd L/cl R, fwd L leading W to trn LF 1/2 to fc M, fwd R/cl L, fwd R to end in LOP LOD (W fwd R/cl L, fwd R trn LF 1/2 to end LOP RLOD, bk L/cl R, bk L) ;
- 4 {RK REC & HOLD} Rk bk L, rec R, hold, - (W Rk bk R, rec L, hold, -) ;

5-16

CHANGE LEFT TO RIGHT WALL ~ CHASSE ROLL ~ CHASSE ROLL ~ CHANGE HANDS BEHIND THE BACK TWICE TO SCP ~ PRETZEL TURN WITH DOUBLE ROCK;;; :;;; :;;; :;;; [2ND TIME TO BFLY WALL]

- 5-6.5 {CHG L TO R} Rk bk L, rec R, sd L/cl R, sd L commence 1/4 RF trn to fc WALL (W Rk bk R, rec L, fwd R/cl L, fwd R commence up to 3/4 LF trn undr jnd lead hnds) ; Sd R/cl L, sd R (W sd L/cl R, sd L comp LF trn to fc ptr) ,

- 6.5-8.5 {CHASSE ROLL} Rk bk L to SCP, rec R to fc (W Rk bk R to SCP, rec L to fc) ; Sd L/cl R, sd L trng R to bk-bk pos, sd R/cl L, sd R cont trn to fc (W sd R/cl L, sd R trng LF to bk-bk pos, sd L/cl R, sd L cont trn to fc) ; Sd L/cl R, sd L comp 1 full trn end fcg ptr & WALL (W Sd R/cl L, sd R comp 1 full trn end fcg ptr & COH) ,
- 8.5-10.5 {CHASSE ROLL} Rk bk R to SCP RLOD, rec L to fc (W Rk bk L to SCP RLOD, rec R to fc) ; Sd R/cl L, sd R trng LF to bk-bk pos, sd L/cl R, sd L cont LF trn to fc (W sd L/cl R, sd L trng RF to bk-bk pos, sd R/cl L, sd R cont RF trn to fc) ; Sd R/cl L, sd R comp 1 full trn end fcg ptr & WALL (W Sd L/cl R, sd L comp 1 full trn end fcg ptr & COH) ,
- 10.5-11 {CHG HNDS BHND BK} Rk apt L, rec R (W Rk apt R, rec L) ; Fwd L commence 1/4 LF trn & placing R hnd over W's R hnd/cl R, fwd L releasing L hnd & comp 1/4 LF trn to tandem pos in front of W, sd & bk R commencing 1/4 LF trn & placing L hnd bhd M's bk/cl L transferring W's R hnd to M's L hnd bhd his bk, sd & bk R comp 1/4 LF trn to LOP COH (W Fwd R commence 1/4 RF trn/cl L, fwd R comp 1/4 RF trn to tandem pos bhd M, sd & bk L commence 1/4 RF trn/cl R, sd & bk L comp 1/4 RF trn to LOP WALL) ;
- 12-13.5 {CHG HNDS BHND BK} Rk apt L, rec R, fwd L commence 1/4 LF trn & placing R hnd over W's R hnd/cl R, fwd L releasing L hnd & comp 1/4 LF trn to tandem pos in front of W, (W Rk apt R, rec L, fwd R commence 1/4 RF trn/cl L, fwd R comp 1/4 RF trn to tandem pos bhd M) ; Sd & bk R commencing 1/4 LF trn & placing L hnd bhd M's bk/cl L transferring W's R hnd to M's L hnd bhd his bk, sd & bk R comp 1/4 LF trn to LOP WALL (W, sd & bk L commence 1/4 RF trn/cl R, sd & bk L comp 1/4 RF trn to LOP COH) ,
- 13.5-16 {PRTZL TRN W/ DBL RK} Rk bk L, rec R to fc ptr (W Rk bk R, rec L to fc ptr) ; Sd L/cl R, sd L trng 1/2 RF keeping M's L & W's R hnds jnd, sd R/cl L, sd R trng up to 1/4 RF [ptrs are in a bk-bk "V" pos w/ M's L & W's R hnds joined behind backs] (W sd R/cl L, sd R trng 1/2 LF, sd L/cl R, sd L trng up to 1/4 LF) ;
 Rk fwd XLif twd LOD w/ R hnd extended fwd to LOD, rec R, rk fwd XLif twd LOD w/ R hnd extended fwd, rec R trng up to 1/4 LF (W Rk fwd XRif twd LOD w/ L hnd extended fwd undr M's, rec L, rk fwd XRif twd LOD w/ L hnd extended fwd undr M's, rec L trng up to 1/4 RF) ;
 Sd L/cl R, sd L trng 1/2 LF to fc ptr still retaining M's L & W's R hnds, sd R/cl L, sd R LOP WALL (W sd R/cl L, sd R trng 1/2 RF to fc ptr, sd L/cl R, sd L LOP COH) ; **[2nd time end in BFLY WALL]**
REPEAT PART B
REPEAT PART A [End in SCP LOD]
REPEAT PART D [End in BFLY WALL]

END

1-4

PROGRESSIVE ROCK; THROWAWAY; DOUBLE ROCK; ROCK APART & HOLD;

- 1 {PROG RK} Rk bk L, rec crossing R slightly in front of L, rk bk L, rec crossing R slightly in front of L (W Rk bk R, rec crossing L slightly in front of R, rk bk R, rec crossing L slightly in front of R) ;
- 2 {THRWY} SCP LOD fwd L/cl R, fwd L leading W to trn LF 1/2 to fc M, fwd R/cl L, fwd R to end in LOP LOD (W fwd R/cl L, fwd R trn LF 1/2 to end LOP RLOD, bk L/cl R, bk L) ;
- 3 {DBL RK} Rk apt L, rec R, rk apt L, rec R (W Rk apt R, rec L, rk apt R, rec L) ;
- 4 {RK APT & HOLD} Rk apt L, pt R hnd twd sky, hold as music is faded, - (W Rk apt R, pt L hnd twd sky, -, -) ;

***Optional Figures for:** **Vin 3 clap;** **RLOD Vin 3 BFLY;**
 Easier: **Sd cl sd tch clap;** **RLOD Sd cl sd tch BFLY;**
 More Challenging: **Roll 3 clap;** **RLOD Roll 3 clap BFLY;**