

TITLE: AB - The Spirit Moves
Choreographer Val Parry
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MUSIC: No News by Lonestar
LEVEL: ABSOLUTE BEGINNER
Counts [16] **Walls** [1] **BPM** [120]



Walks forward, Rock, Walks backward, Coaster step

- 1 – 2 Walk Forward right, left
- 3 – 4 Rock forward right, replace weight on left
- 5 – 6 Walk backwards, right, left
- 7 & 8 Step back on right, close left next to right, step forward on right

Side, close, Side, Kick, Grapevine

- 9 – 10 Step Left to left side, Close right to left
- 11 – 12 Step left to left side, Kick right across left and clap (at same time)
- 13 – 14 Step right to right side, step left behind right
- 15 - 16 Step right to right side, step left next to right

NOTE: This dance can be converted to a 4 wall dance by changing count 15 to Turn $\frac{1}{4}$ right stepping forward on the right