



## Spirit Free – A Dance for You and Me

Improver (Easy), 68 counts, 2 walls

Choreographed by: Urban Danielsson (SWE), March 2025

Music: NITAUIMBA WIMBO by MAOMBI SAMSON

Intro: 16 counts

NO TAGS, NO RESTARTS (or 1 if you continue the dance on wall 7 after 32 counts)

### Section 1 (Toe strut x 2), (point, together) x 2

1–4 Step right toes forward, step down on right foot, step left toes forward, step down on left foot

5–8 Point right to right side, step right next to left, point left to left side, step left next to right

### Section 2 (Toe strut x 2), (point, together) x 2

9–16 Repeat section 1

### Section 3 Weave, ¼ turn step back, side, forward, brush

17–20 Step right to right side, step left behind of right, step right to right side, step left across in front of right foot

21–24 ¼ turn left step back on right, step left to left side, step right forward, brush left forward (9:00)

### Section 4 (Step, touch with clap, step back, touch with clap) x 2

25–28 Step left diagonal forward, touch right next to left and clap, step right diagonal back, touch left and clap

29–32 Repeat steps 25–28

**Note:** *RESTART here on wall 7 and replace counts 31-32+2: ¼ turn step right to right side, step left next to right (with weight), hold 2 count – Restart the dance from the top. Alternative: You can end the dance here without dancing the last 1½ wall.*

### Section 5 Lockstep forward, brush, step, pivot ¼ turn left, cross, hold

33–36 Step forward left, lockstep right behind of left, step left forward, brush right forward

37–40 Step right forward, ¼ turn left step left to left side, step right across in front of left, hold (6:00)

### Section 6 Rumba box forward, brush, lockstep forward, brush

41–44 Step left to left side, step right next to left, step forward left, brush right forward

45–48 Step right forward, lockstep left behind of right, step right forward, brush left forward

**Section 7 (Step, touch with clap, step back, touch with clap) x 2 while turning ½**

49–52 Step left diagonal forward, touch right next to left and clap, turn ¼ right step right to right side, touch left next to right and clap (9:00)

53–56 Step left diagonal forward, touch right next to left and clap, turn ¼ right step right to right side, step left next to right and clap (weight on left foot) (12:00)

**Section 8 Monterey ½ turn, jazz box**

57–60 Point right to right side, ½ turn right step right next to left, point left to left side, step left next to right (6:00)

61–64 Step right across in front of left, step left foot back, step right to right side, step left foot forward

**Section 9 Step, flick, back, hook**

65–68 Step right to right diagonal, flick left foot behind of right, step left back to left diagonal, hook right foot over left shin.

ENJOY!

**Ending:** If you are dancing the whole dance, you will end with counts 29-32 on wall 9, facing 3:00. Change the last 2 counts 31-32 to step left foot forward, ¼ turn left step right foot to right side and pose.

