The Irish In Me



Count: 32 Wand: 4 Ebene: Beginner / Improver

Choreograf/in: Kathryn Rowlands (WLS) - March 2017

Musik: Gaffos Ball - Sharon Shannon (feat. Steve Earle): (CD: The Galway Girl)



[instrumental: count 16 from beginning]

Alt music: Warriors, CD Lord of the Dance [16-ct intro from the beat]

Dance progresses in a counter-clockwise direction

[1-8] Rock Step, Coaster, Rock, Step, Heel Splits

1-2	Rock forward	on right foot.	recover onto left

3&4 Step right foot back, step left foot back beside right, step right foot forward

5-6 Rock forward on left foot, recover onto right

7&8 Step back on left foot, swivel heels out-in (right foot will be slightly forward) [12:00]

[9-16] Grapevine, Cross, Coaster, Heel Dig x2

						, cross l			

5&6 Step right foot back, step left foot back beside right, step right foot forward

7-8 Dig left heel to left diagonal x2 (hitch left knee between digs for more style) [12:00]

[17-24] Grapevine, Cross, Coaster, Pivot Turn

1-4 Step left to left side, cross right behind right, left to left side,	cross right toot in tront of left
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5&6 Step left foot back, step right foot back beside left, step left foot forward

7-8 Step right foot forward, pivot ¼ turn left on balls of both feet (weight on left foot) [9:00]

[25-32] Rocking Chair, Coaster, Step, Heel Splits

1-4 Rock right foot forward, recover back onto left, rock right foot back,recover forward onto left

5&6 Step right foot forward, step left foot forward beside right, step right foot back

7&8 Step back on left foot, swivel heels out-in [9:00]

Begin again