

# Friday Fling

**Count:** 32

**Wand:** 4

**Ebene:** Beginner

**Choreograf/in:** Kathryn Rowlands (WLS) - October 2017

**Musik:** Dance Above the Rainbow - Ronan Hardiman : (CD: Feet of Flames, recommended)



**(Intro: 16 counts)**

**Alternate track: Gaffo's Girl, Sharon Shannon**

**(No proper intro, but allow 16 counts before starting the dance)**

**[1-8] Stomp, Kick, Triple Step x2**

1-2 R stomp, kick forward  
3&4 R-L-R triple step in place  
5-6 L stomp, kick forward  
7&8 L-R-L triple step in place

**[9-16] Grapevine & Cross, Rock & Cross, clap x2**

1,2,3,4 R step to right side, L cross behind, R step to right side, L cross over R  
5.6.7&8 R rock to right side, recover onto L, R cross over L, [pause]clap x2

**[17-24] Grapevine, Cross, Rock & Cross clap x2**

1,2,3,4 L step to left side, R cross behind, L step to left side, R cross over L  
5,6,7&8 L rock to left side, recover onto R, L cross over R [pause]clap x2

**[25-32] Rocking Chair, Pivot Step, Stomp, Kick [clap x2]**

1-2 R rock forward, recover onto L  
3-4 R rock back, recover onto L  
5-6 R step forward, pivot turn ¼ onto L  
7-8 R stomp, kick forward [clap x2 on the kick]

**Begin again.**

**Choreographed for my Friday beginners, who are now starting to 'find their feet' with more confidence.**