

Irish Heave Away

COPPER **NOB**
STEPSHEETS

Count: 32

Wand: 4

Ebene: High Beginner / improver

Choreograf/in: Helaine Norman (USA) - February 2022

Musik: Heave Away - The Fables



Intro: Vocal - 1 Tag: End wall 2

I. Kick Ball Change X2; Rock Forward, Recover, Back Coaster

- 1&2 Kick R forward, step on R ball, step together
- 3&4 Kick R forward, step on R ball, step together
- 5-6 Rock R forward, recover to L
- 7&8 Step R back, step L together, step R forward

II. Repeat Section I. on Left Side

III. Triple ½ L Turn, Rock Back, Recover; Triple ¼ R Turn, Rock Back, Recover

- 1&2 Step R Forward making ¼ turn left (9:00), step L together, step R together making ¼ turn left (6:00)
- 3-4 Rock L back, recover to R
- 5&6 Step L side making ¼ right (9:00), step R together, step L side
- 7-8 Rock R back, recover to L

IV. Heel Switches, Pivot ½ L Turn; Sailor X2

- 1&2& Touch R heel forward, step R together, touch L heel forward, step L together
- 3-4 Step R forward making pivot 1/2 turn left, weight to L (3:00)
- 5&6 Step R behind, step L side, step R side
- 7&8 Step L behind, step R side, step L side

REPEAT

TAG: Kick Ball Change X2; Rocking Chair

- 1&2 Kick R forward, step on R ball, step together
- 3&4 Kick R forward, step on R ball, step together
- 5-6 Rock R forward, recover to L
- 7-8 Rock R back, recover to L

Facing 6:00 at end of wall 2.

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