

Irish Heart Beat

Count: 48

Wand: 1

Ebene: waltz

Choreograf/in: Eddie McIntosh (SCO)

Musik: Irish Heartbeat - Van Morrison



CROSS LEFT TWINKLE, CROSS RIGHT TWINKLE

- 1-3 Cross left over right, step right beside left, step left in place
4-6 Cross right over left, step left beside right, step right in place

STEP FORWARD, TOGETHER, BACK, STEP BACK, TOGETHER, FORWARD

- 7-9 Step forward left, step right beside left, step back left
10-12 Step back right, step left beside right, step forward right

TRIPLE ¼ TURN LEFT (2)

- 13-15 Step left to left turning ¼ left, step right beside left, step left in place
16-18 Step back right turning ¼ left, step left beside right, step right in place

LEFT VINE, BUMP HIPS RIGHT, LEFT, RIGHT

- 19-21 Step left to left, step right behind left, step left to left
22-24 Bump hips right, left, right

CROSS FRONT, SIDE, BEHIND, BUMP HIPS RIGHT, LEFT, RIGHT

- 25-27 Cross left over right, step right to right, step left behind
28-30 Bump hips right, left, right

TRIPLE ¼ TURN LEFT (2)

- 31-33 Step left to left turning ¼ left, step right beside left, step left in place
34-36 Step back right turning ¼ left, step left beside right, step right in place

STEP FORWARD, SLIDE TOGETHER, DROP HEEL, STEP BACK, SLIDE CROSS, TOUCH

- 37-39 Step forward left, slide right beside left raising right heel, drop right heel in place
40-42 Step back right, slide left in front of right raising left heel, point left toes down in front of right
43-45 Step forward left, slide right beside left raising right heel, drop right heel in place
46-48 Step back right, slide left in front of right raising left heel, point left toes down in front of right

REPEAT
