

Ballymore Boys

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Dynamite Dot (UK)

Musik: The Boys From Ballymore - Sham Rock



POINT BACK-½ TURN RIGHT / STEP-½ TURN RIGHT / DIP DOWN AND UP / RIGHT TOE FORWARD / LEFT TOE SIDE

- 1-2 Point right toe back, pivot ½ turn right
- 3-4 Step left forward, pivot ½ turn right (weight on left)
- 5-6 Right foot is slightly forward bending knees dip down and up (hands on thighs)
- 7&8 Touch right toe forward, step right next to left, touch left toe to left side

LEFT AND RIGHT SAILOR / LEFT SAILOR WITH ¼ TURN LEFT / SHUFFLE

- 1&2 Step left behind right, step right to right side, step left to left side
- 3&4 Step right behind left, step left to left side, step right to right side
- 5&6 Making ¼ turn left step left behind right, step right to right side, step left to left side
- 7&8 Shuffle forward on right-left-right

FULL TURN FORWARD / BUMP LEFT-RIGHT-LEFT / SHUFFLE BACK / ½ TURN SHUFFLE

- 1-2 On ball of right turn ½ right stepping back on left, on ball of left turn ½ right stepping forward on right
- 3&4 Step left forward bumping hips forward, bump hips back, bump hips forward
- 5&6 Shuffle back on right-left-right
- & On ball of right make ½ turn left
- 7&8 Shuffle forward on left-right-left

STEP-½ TURN / SIDE SWITCHES / HEEL SWITCHES / CLAPS

- 1-2 Step forward on right, pivot ½ turn left
- 3&4 Touch right toe to right side, step right next to left, touch left toe to left side
- &5 Step left next to right, touch right heel forward
- &6 Step right next to left, touch left heel forward
- &7 Step left next to right, touch right heel forward
- &8 Clap hands twice

REPEAT
