

Celtic Contra

Count: 32

Wall: 1

Level: Beginner Contra

Choreographer: Holly Gilligan (CAN) - March 2023

Music: Irish Stew - Sham Rock



Intro: 32 Counts

Start with two facing lines. Dancers should be "in the window" between the dancers in the opposite line.

[1-8] Walk R, L, R, ½ Hitch, Back, Back, Back, Touch

- 1,2 Walk forward on R (1) Walk forward on L (2)
3,4 Walk forward on R (3) Turn 1/2R on ball of R and hitch L while clapping once (4) (This is where dancers meet side by side in the middle of the two lines)
5,6 Step back on L (5) Step back on R (6)
7,8 Step back on L (7) Touch R next to L (8) (Dancers are now in the opposite line to where they started)

[9-16] Walk R, L, R, ½ Hitch, Back, Back, Back, Touch

- 1,2 Walk forward on R (1) Walk forward on L (2)
3,4 Walk forward on R (3) Turn 1/2R on ball of R and hitch L while clapping once (4) (Dancers meet side by side in the middle of the two lines)
5,6 Step back on L (5) Step back on R (6)
7,8 Step back on L (7) Touch R next to L (8) (Dancers are now back to their original lines)

[17-24] 'V' Steps

- 1,2 Step R diagonally forward and out (1) Step L diagonally forward and out (2)
3,4 Step R diagonally back and in (3) Close L next to R (4)
5,6 Step R diagonally forward and out (5) Step L diagonally forward and out (6)
7,8 Step R diagonally back and in (7) Close L next to R (8)

Styling:

On counts 1,2 and 5,6 same arm stretches out diagonally and up

On counts 3,4 and 7,8 same arm returns to rest on same hip

[25-32] Step-touches

- 1,2 Step R to R (1) Touch L next to R (2)
3,4 Step L to L (3) Touch R next to L (4)
&5&6 Step R to R (&) Touch L next to R (5) Step L to L (&) Touch R next to L (6)
&7&8 Step R to R (&) Touch L next to R (7) Step L to L (&) Touch R next to L (8)

Styling:

On the L touches, counts 2,5 and 7, the L arm stretches up and the R hand is on the R hip,

On the R touches, counts 4,6 and 8, the R arm stretches up and the L hand is on the L hip.

Repeat and Enjoy!

Ends: after 8 counts