

# Irish Heart Beat

Count: 48

Wall: 1

Level: waltz

Choreographer: Eddie McIntosh (SCO)

Music: Irish Heartbeat - Van Morrison



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## 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

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