

# The Irish In Me

Compte: 32

Mur: 4

Niveau: Beginner / Improver



Chorégraphe: Kathryn Rowlands (WLS) - March 2017

Musique: Gaffos Ball - Sharon Shannon (feat. Steve Earle) : (CD: The Galway Girl)

[instrumental: count 16 from beginning]

Alt music: Warriors, CD Lord of the Dance [16-ct intro from the beat]

Dance progresses in a counter-clockwise direction

## [1-8] Rock Step, Coaster, Rock, Step, Heel Splits

- 1-2 Rock forward on right foot, recover onto left
- 3&4 Step right foot back, step left foot back beside right, step right foot forward
- 5-6 Rock forward on left foot, recover onto right
- 7&8 Step back on left foot, swivel heels out-in (right foot will be slightly forward) [12:00]

## [9-16] Grapevine, Cross, Coaster, Heel Dig x2

- 1-4 Step right to right side, cross left behind right, right to right side, cross left foot in front of right
- 5&6 Step right foot back, step left foot back beside right, step right foot forward
- 7-8 Dig left heel to left diagonal x2 (hitch left knee between digs for more style) [12:00]

## [17-24] Grapevine, Cross, Coaster, Pivot Turn

- 1-4 Step left to left side, cross right behind right, left to left side, cross right foot in front of left
- 5&6 Step left foot back, step right foot back beside left, step left foot forward
- 7-8 Step right foot forward, pivot  $\frac{1}{4}$  turn left on balls of both feet (weight on left foot) [9:00]

## [25-32] Rocking Chair, Coaster, Step, Heel Splits

- 1-4 Rock right foot forward, recover back onto left, rock right foot back, recover forward onto left
- 5&6 Step right foot forward, step left foot forward beside right, step right foot back
- 7&8 Step back on left foot, swivel heels out-in [9:00]

Begin again

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