

Irish Medley Mix

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: Karen Kennedy (SCO) & Adrian Helliker (FR) - March 2013

Musique: Spanish Lady / Holy Ground / Westmeath Bachelor - Nathan Carter : (CD: Time Of My Life)



Intro:- 8 count start on vocals.

Section 1 – Choose either the easy or harder section depending on your dancers ability.

***EASY OPTION- Section 1 with no turns which keeps you facing front wall**

CROSS ROCK, RECOVER, RIGHT CHASSE, CROSS ROCK, LEFT CHASSE

- 1 -2 Cross rock right over left, recover on left
3&4 Step right to right side, close left beside right, step right to right side
5 -6 Cross left over right, recover on right
7&8 Step left to left side, close right beside left, step left to left side (12)

Or

***HARDER OPTION- Section 1 with turns to bring you back to the front wall**

CROSS ROCK, RECOVER, ¼ CHASSE RIGHT, ¾ PIVOT TURN, LEFT CHASSE

- 1 -2 Cross rock right over left, recover on left
3&4 Step right to right side, close left beside right, turn ¼ right stepping right forward (3)
5 -6 Step forward on left, pivot ¾ turn right (12)
7&8 Step left to left side, close right beside left, step left to left side (12)

RIGHT & LEFT SAILOR STEP, ROCK FORWARD, RECOVER, ½ SHUFFLE TURN

- 1&2 Cross right behind left, step left to left side, step right to right side
3&4 Cross left behind right, step right to right side, step left to left side
5 -6 Rock forward on right, recover on left
7&8 ½ turn shuffle turn right stepping – right, left, right (6)

ROCK FORWARD, RECOVER, LEFT COASTER STEP, POINT FORWARD, SIDE, ¼ SAILOR

- 1 -2 Rock forward on left, recover on right
3&4 Step back on left, step back on right, step left forward
5 -6 Point right toe forward, point right to toe to right side
7&8 Cross right behind left turning ¼ right, step left to left side, step right to right side, (9)

CROSS ROCK, RECOVER, LEFT CHASSE, CROSS ROCK, RECOVER, ¼ RIGHT CHASSE

- 1 -2 Cross rock left over right, recover on right
3&4 Step left to left side, close right beside left, step left to left side
5 -6 Cross right over left, recover on left
7&8 Step right to right side, close left beside right, turn right ¼ turn right (12)

LEFT & RIGHT HEEL SWITCHES, STEP FWD, TAP TOE, SHUFFLE BACK, COASTER STEP

- 1&2& Touch left heel forward, step back in place, touch right heel forward, step back in place
3 -4 Step left foot forward, tap or touch right toe beside left instep
5&6 Step right foot back, close left beside right, step right foot back
7&8 Step back on left, step back on right, step left forward (12)

CROSS ROCK, RECOVER, ¼ CHASSE RIGHT, ¼ PIVOT TURN, LEFT CROSS SHUFFLE* Wall 4 start here

- 1 -2 Cross rock right over left, recover on left
3&4 Step right to right side, close left beside right, turn right ¼ right (3)
5 -6 Step forward on left, pivot ¼ turn right (6)

7&8 Cross left over right, close right beside left, cross left over right(6)

RIGHT & LEFT TOES SWITCHES, RIGHT KICK BALL, ROCK FWD, RECOVER, ½ SHUFFLE

1&2& Touch right toe to right side, step back in place, touch left toe to left side, step back in place
3&4 Kick right forward, step right ball back in place, step forward on left* Wall 1 Restart dance
5 -6 Rock forward on right, recover on left
7&8 ½ shuffle turning right stepping – right, left, right (12)

LEFT & RIGHT TOE SWITCHES, LEFT KICK BALL CHANGE, ROCK FWD, RECOVER, ½ SHUFFLE

1&2& Point toe to left side, step back in place, point right toe to right side, step back in place
3&4 Kick left forward, step ball back in place, step right forward
5 -6 Rock forward on left, recover on right
7&8 ½ shuffle turning left stepping – left, right, left (6)

Tag:- Add at the end of wall 2

SIDE, TOUCH, SIDE, TOUCH, FORWARD, TOUCH, LEFT COASTER STEP

1 -2 Step right to right side, touch left beside right
3 -4 Step left to left side, touch right beside left
5 -6 Step right foot forward, touch left beside right
7&8 Step back on left, step back on right, step forward on left

START AGAIN

Please note the changes below to the dance due to the changes in the medley which uses 3 songs and the dance has been choreographed to take these changes into account to fit the music.

Spanish Lady:

Wall 1 dance to count 50*

Wall 2 dance 64 counts and add 8 count tag .

Holy Ground:

Wall 3 dance 64 counts

Wall 4 – Repeat from 6 to 8

Westmeath Bachelor:

Wall 5 dance first 8 counts and restart

Wall 6 dance 64 counts

Wall 7 dance first 8 counts and restart

Wall 8 dance 64 counts

Wall 9 dance first 8 counts and restart

Wall 10 dance 64 counts to finish dance.

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