# Mediterraneam's Tirol



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## POINT FORWARD, POINT SIDE, COASTER STEP (RIGHT & LEFT)

- 1 Toe right forward
- 2 Toe right to right
- 3 RF back
- & LF back next to RF
- 4 RF forward 5 Toe left forward 6 Toe left to left
- 7 LF back
- & RF back next to LF
- 8 LF forward

### ROCK DIAGONAL FORWARD, WAVE RIGHT, ROCK DIAGONAL FORWARD, COASTER STEP

- 1 Rock RF forward diagonally
- 2 Recover to LF
- 3 RF behind LF
- & LF to left
- 4 RF cross over LF
- 5 Rock left foot forward diagonally
- 6 Recover to RF
- 7 LF back
- & RF back
- 8 LF forward

### TRIPLE STEP X 4 FULL TURN RIGHT

1 & 2	RF forward, LF behind right, RF forward
3 & 4	LF forward, RF behind left, LF forward
5 & 6	RF forward, LF behind right, RF forward
7 & 8	LF forward, RF behind left, LF forward

(We raise and we join the palms of the right hand with the pair of front, while we turn full turn)

### TOE SWITCHES AND HOLD, HEEL SWITCHES, SCUFF, HITCH STOMP

- 1 Point RF right
  2 Hold (clap)
  & RF next to left
  3 Point LF to the left
- 4 Hold (clap)
- & LF next to rightHeel RF forward
- & RF next to left
- 6 Heel LF forward
- & LF next to right
- 7 Scuff
- & Hich RF forward
- 8 Stomp RF next to LF (palms of the hands in front)

(While doing the stomp we hit the palms of the hand with the couple in front)							