

Irish "Riverdance style"

拍数: 64 墙数: 1 级数: Improver

编舞者: Karolina Ullénstäv (SWE) - September 2019

音乐: The Dawning - Ronan Hardiman : (Album: Michael Flatley's Feet of Flames - This part of the music you can find in Ronan Hardiman's The Dawning after 5:41 min into the music video)



Intro 16 counts, BPM 125 - No Tags, No Restarts

Section 1: Stomps forward and step beside x 2 and then travelling steps right

1 RF stomp forward
& Recover onto LF (weight on LF)
2 RF step beside LF
& Put weight on LF while lifting RF
3 RF stomp forward
& Recover onto LF (weight on LF)
4 RF touch beside LF
5 RF short step right on ball
& LF short step right beside RF and put weight on LF
6 RF short step right on ball
& LF short step right beside RF and put weight on LF
7 RF short step right on ball
& LF short step right beside RF and put weight on LF
8 RF step in place beside LF

Section 2: Stomps forward and step beside x 2 and then travelling steps left

1 LF stomp forward
& Recover onto RF (weight on RF)
2 LF step beside RF
& Put weight on RF while lifting LF
3 LF stomp forward
& Recover onto RF (weight on RF)
4 LF touch beside RF
5 LF short step left on ball
& RF short step left beside LF and put weight on RF
6 LF short step left on ball
& RF short step left beside LF and put weight on RF
7 LF short step left on ball
& RF short step left beside LF and put weight on RF
8 LF step in place beside RF

Section 3: Kick forward, hook, kick forward, hitch, shuffle steps forward x 2 (RF & LF)

1 RF kick forward
& RF hook cross over LF
2 RF kick forward
& RF hitch
3 RF step forward
& LF step beside RF
4 RF step forward
5 LF kick forward
& LF hook cross over RF
6 LF kick forward

- & LF hitch
- 7 LF step forward
- & RF step beside LF
- 8 LF step forward

Section 4: Steps and shuffle steps in a full circle starting left

- 1 RF step 1/8 left (facing 12.00)
- 2 LF step 1/8 left
- 3 RF step 1/8 left
- & LF step beside RF
- 4 RF step 1/8 left
- 5 LF step 1/8 left
- 6 RF step 1/8 left
- 7 LF step 1/8 left
- & RF step beside LF
- 8 LF step 1/8 left (facing 12.00)

Section 5: Travelling steps right, coaster step, stomp and clap twice

- 1 RF short step right on ball
- & LF short step right beside RF and put weight on LF
- 2 RF short step right on ball
- & LF short step right beside RF and put weight on LF
- 3 RF short step right on ball
- & LF short step right beside RF and put weight on LF
- 4 RF step beside LF
- 5 LF step back
- & RF step beside LF
- 6 LF step forward
- 7 RF stomp beside LF
- & Clap
- 8 Clap

Section 6: Travelling steps left, coaster step, stomp and clap twice

- 1 LF short step left on ball
- & RF short step left beside LF and put weight on RF
- 2 LF short step left on ball
- & RF short step left beside LF and put weight on RF
- 3 LF short step left on ball
- & RF short step left beside LF and put weight on RF
- 4 LF step beside RF
- 5 RF step back
- & LF step beside RF
- 6 RF step forward
- 7 LF stomp beside RF
- & Clap
- 8 Clap

Section 7: Side point steps right, left, right and clap twice. Heel forward RF, LF, RF and clap twice.

- 1 RF point right to the side
- & RF step beside LF
- 2 LF point left to the side
- & LF step beside RF
- 3 Point RF right to the side
- &4 Clap, clap

- 5 RF heel forward
- & RF step beside LF
- 6 LF heel forward
- & LF step beside RF
- 7 RF heel forward
- &8 Clap, clap

Section 8: Steps and shuffle steps in a full circle starting left

- 1 RF step 1/8 left (facing 12.00)
- 2 LF step 1/8 left
- 3 RF step 1/8 left
- & LF step beside RF
- 4 RF step 1/8 left
- 5 LF step 1/8 left
- 6 RF step 1/8 left
- 7 LF step 1/8 left
- & RF step beside LF
- 8 LF step 1/8 left (facing 12.00)

Have Fun! Lovely Irish music and rhythm!
