

# Irish Heave Away

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: High Beginner / improver  
编舞者: Helaine Norman (USA) - February 2022  
音乐: Heave Away - The Fables



Intro: Vocal - 1 Tag: End wall 2

## I. Kick Ball Change X2; Rock Forward, Recover, Back Coaster

1&2      Kick R forward, step on R ball, step together  
3&4      Kick R forward, step on R ball, step together  
5-6      Rock R forward, recover to L  
7&8      Step R back, step L together, step R forward

## II. Repeat Section I. on Left Side

## III. Triple ½ L Turn, Rock Back, Recover; Triple ¼ R Turn, Rock Back, Recover

1&2      Step R Forward making ¼ turn left (9:00), step L together, step R together making ¼ turn left (6:00)  
3-4      Rock L back, recover to R  
5&6      Step L side making ¼ right (9:00), step R together, step L side  
7-8      Rock R back, recover to L

## IV. Heel Switches, Pivot ½ L Turn; Sailor X2

1&2&      Touch R heel forward, step R together, touch L heel forward, step L together  
3-4      Step R forward making pivot 1/2 turn left, weight to L (3:00)  
5&6      Step R behind, step L side, step R side  
7&8      Step L behind, step R side, step L side

## REPEAT

## TAG: Kick Ball Change X2; Rocking Chair

1&2      Kick R forward, step on R ball, step together  
3&4      Kick R forward, step on R ball, step together  
5-6      Rock R forward, recover to L  
7-8      Rock R back, recover to L

Facing 6:00 at end of wall 2.

Contact: [helaine43@gmail.com](mailto:helaine43@gmail.com)

Last Update: 3 Mar 2024