

# Sweet Ireland

拍数: 64                      墙数: 2                      级数: Intermediate Celtic  
编舞者: Syndie BERGER (FR) - February 2022  
音乐: Sweet Ireland - Green Lads



Intro : 16 counts (start at 8 seconds)

## INTRO

### INTRO-1 STOMP ROCK – COASTER STEP – STEP ½ TURN WITH KICK – COASTER CROSS

1 – 2                      Stomp LF forward – Recover on RF  
3 & 4                      Step LF back – Close RF next to LF (&) - Step LF forward  
5 – 6                      Step RF forward – Pivot ½ turn to the LF (keep weight on RF) and make a kick with LF  
(facing 6:00)  
7 & 8                      Step LF back – Close RF next to LF (&) - Cross LF over RF

### INTRO-2 SIDE ROCK – CROSS SHUFFLE – BACK – SIDE – TRIPLE STEP FORWARD

1 – 2                      Rock RF to the R side – Recover on LF  
3 & 4                      Cross RF over LF – Step LF to the L side (&) - Cross RF over LF  
5 – 6                      Step back on LF – Step RF to the R side  
7 & 8                      Step forward on LF – Close RF next to LF (&) - Step forward on LF

### INTRO-3 BALL STOMP ROCK – COASTER STEP – STEP ½ TURN WITH KICK – COASTER CROSS

& 1-2                      Close RF (on ball) next to LF (&) – Stomp LF forward – Back on RF  
3 & 4                      Step LF back – Close RF next to LF (&) - Step LF forward  
5 – 6                      Step RF forward – Pivot ½ turn to the LF (keep weight on RF) and make a kick with LF  
(facing 12:00)  
7 & 8                      Step LF back – Close RF next to LF (&) - Cross LF over RF

### INTRO-4 SIDE ROCK – CROSS SHUFFLE – BACK – SIDE – CROSS – CLAP x2

1 – 2                      Rock RF to the R side – Recover on LF  
3 & 4                      Cross RF over LF – Step LF to the L side (&) - Cross RF over LF  
5 – 6                      Step back on LF – Step RF to the R side  
7 & 8                      Cross LF over RF – Clap twice (&8) (weight on LF)

## CHOREOGRAPHY

### SECT-1 SIDE – BEHIND - & CROSS & HEEL - & TRIPLE FORWARD WITH FLICK TWICE

1 – 2                      Step RF to R side – Cross LF behind RF  
& 3                      Step RF to R side (&) - Cross LF over RF  
& 4                      Step RF back in R diagonal (&) - L heel forward in L diagonal (weight on RF)  
&                      Step LF close RF (&)  
5 & 6 &                      Step forward on RF – Close LF next to RF (&) - Step forward on RF – Flick LF back (&)  
7 & 8 &                      Step forward on LF – Close RF next to LF (&) - Step forward on LF – Flick RF back (&)

### SECT-2 ROCK FORWARD – TRIPLE WITH ½ TURN TWICE – BEHIND SIDE CROSS

1 – 2                      Rock RF forward – Recover on LF  
3 & 4                      RF to the R side with ¼ turn to the R – Close LF next to RF (&) - Step RF forward with ¼ turn  
to the R (facing 6:00)  
5 & 6                      LF to the L side with ¼ turn to the R – Close RF next to LF (&) - Step RF back with ¼ turn to  
the R (facing 12:00)  
7&8                      Cross RF behind LF – Step LF to the L side (&) - Cross RF over LF

### SECT-3 SIDE ROCK – CROSS SHUFFLE – ½ TURN RIGHT CROSS SHUFFLE – ½ TURN LEFT CROSS SHUFFLE

1 – 2                      Rock LF to the L side – Recover on RF  
3 & 4                      Cross LF over RF – Step RF to the R side (&) - Cross LF over RF

- 5 & 6 Pivot ½ turn to the R and cross RF over LF (facing 6:00) – Step LF to the L side (&) - Cross RF over LF
- 7 & 8 Pivot ½ turn to the L and cross LF over RF (facing 12:00) – Step RF to the R side (&) - Cross LF over RF

#### **SECT-4 SYNCOPATED SIDE ROCKS - & HEEL-HOOK – HEEL-FLICK – TRIPLE STEP FORWARD**

- 1 – 2 Rock RF to the R side – Recover on LF
- & 3-4 Close RF next to LF (&) - Rock LF to the L side – Recover on RF
- & Close LF next to RF
- 5 & 6 & R heel forward – Hook RF over L knee (&) - R heel forward – Flick RF out to the R side (&)
- 7 & 8 Step forward on RF – Close LF next to RF (&) - Step forward on RF

#### **SECT-5 STEP – SCUFF – CROSS SHUFFLE – TOUCH & KICK & KICK & TOUCH**

- 1 – 2 Step LF forward – Scuff RF forward
- 3 & 4 Cross RF over LF – Step LF to the L side (&) - Cross RF over LF
- 5 & 6 Touch ball of LF behind RF – Step back on LF (&) - Kick RF in R diagonal
- & 7 Step RF to the R side (&) - Kick LF in R diagonal (slightly crossing over)
- & 8 Cross LF over RF (&) - Touch ball of RF behind LF

#### **SECT-6 TRIPLE STEP BACK RIGHT & LEFT – COASTER STEP – STEP ½ TURN**

- 1 & 2 Step back on RF – Close LF next to RF (&) - Step back on RF
- 3 & 4 Step back on LF – Close RF next to LF (&) - Step back on LF
- 5 & 6 Step RF back – Close LF next to RF (&) - Step RF forward
- 7 – 8 Step forward on LF – Pivot ½ turn to the R (weight on RF) (facing 6:00)

**\*\* NOTE : At 3rd wall, from this point, music will slow down. Follow the tempo until the TAG at the end of the wall.**

#### **SECT-7 STEP – SCUFF – CROSS SHUFFLE – BACK – SIDE – TRIPLE STEP FORWARD**

- 1 – 2 Step LF forward – Scuff RF forward
- 3 & 4 Cross RF over LF – Step LF to the L side (&) - Cross RF over LF
- 5 – 6 Step back on LF – Step RF to the R side
- 7 & 8 Step LF forward – Close RF next to LF (&) - Step LF forward

#### **SECT-8 STEP – HEELS TWIST WITH ½ TURN TWICE – COASTER STEP AND COASTER CROSS**

- 1 Step RF forward
- & 2 Twist L heel inside next to RF (&) - Twist R heel outside making a ½ turn to the L (facing 12:00) (weight on RF)
- 3 & 4 Step LF back – Close RF next to LF (&) - Step LF forward
- 5 Step RF forward
- & 6 Twist L heel inside next to RF (&) - Twist R heel outside making a ½ turn to the L (facing 6:00) (weight on RF)
- 7 & 8 Step LF back – Close RF next to LF (&) - Cross LF over RF

**\*\* TAG : At the end of the 3rd wall (facing 6:00).**

**Restart the Dance and Keep Smile !!!**

**\*\* T A G At the end of the 3rd wall (facing 6:00), add 8 counts to restart the dance facing 12:00 :**

#### **TAG STEP – HEELS TWIST WITH ½ TURN – COASTER STEP – JAZZ BOX CROSS**

- 1 Step RF forward
- & 2 Twist L heel inside next to RF (&) - Twist R heel outside making a ½ turn to the L (facing 12:00) (weight on RF)
- 3 & 4 Step LF back – Close RF next to LF (&) - Step LF forward
- 5 – 6 Cross RF over LF – Step back LF
- 7 – 8 Step RF to the R side – Cross LF over RF

