

# Irish Bowing

拍数: 64      墙数: 2      级数: Phrased Intermediate  
编舞者: Séverine Fillion (FR) - January 2024  
音乐: Pushin' the Bow - Ashleigh Dallas



Intro : 32 counts

SEQ: A – B – B – Tag 1 - A – A – B – B – Tag 1 – Tag 2 – A – A – B – B – Tag 1 - A

**PART A – On 1 wall - (Option style : hands on hips)**

**[1-8] TOUCH FWD, R HEEL TWIST, HOOK, POINT FWD, FLICK, STOMP FWD, TRIPLE FWD, STEP 1/2 TRUN**

1&2      Right ball fwd, swivel right heel to the right, recover right heel in center  
&3      Hook right cross over left leg, Touch right toe fwd  
&4      Flick right diagonally back, right Stomp fwd  
5&6      Triple step left right left fwd  
7-8      Right step fwd, Turn 1/2 left (ending weight on left) 6:00

**[9-16] TOUCH FWD, R HEEL TWIST, HOOK, POINT FWD, FLICK, STOMP FWD, TRIPLE FWD, STEP 1/2 TRUN**

Same steps as 1-8 12:00

**[17-24] HEEL & TOUCH & HEEL & HEEL & TOUCH & HEEL & SIDE POINT, CLAP CLAP**

1&2      Right heel fwd, recover on right, Touch left toe just behind right  
&3      Recover on left, Right heel fwd  
&4      Recover on right, Left heel fwd  
&5      Recover on left, Touch right toe just behind left  
&6      Recover on right, Left heel fwd  
&7      Recover on left, Point right toe to right side  
&8      Clap Clap

**[25-32] JUMP DIAGONALLY FWD– BOUNCE (RIGHT & LEFT), JUMP DIAGONALLY BACK – BOUNCE (R & L)**

&1      Little jump diagonal right fwd both feet together  
&2      Lift & drop both heels on the floor  
&3      Little jump diagonal left fwd both feet together  
&4      Lift & drop both heels on the floor  
&5      Little jump diagonal right back both feet together  
&6      Lift & drop both heels on the floor  
&7      Little jump diagonally left back both feet together  
&8      Lift & drop both heels on the floor

**PART B - On 2 walls -**

**[1-8] SIDE ROCK, BEHIND, SIDE, HEEL GRIND TRAVELLING TO LEFT, BACK ROCK**

1-2      Rock step right to right side, recover on left  
3-4      Right cross behind left, left to left  
5-6      Grind right heel fwd and swivel right toe to the right, recover on left to left side  
7-8      Rock back on right, recover on left

**[9-16] HEEL GRIND 1/4 TURN R, BACK ROCK, HEEL GRIND 1/4 TURN R , BACK ROCK**

1-2      Grind right heel and swivel right toe to the right 1/4 turning right, recover on left  
3-4      Rock back on right, recover on left  
5-6      Grind right heel and swivel right toe to the right 1/4 turning right, recover on left

7-8 Rock back on right, recover on left 6:00

**[17-24] STEP FWD, SCUFF, STEP FWD, SCUFF, STEP 1/2 TURN, SCUFF, STOMP, STOMP**

1-2 Right step fwd, Scuff left

3-4 Left step fwd, Scuff right

5-6 Right step fwd, Turn 1/2 left and recover weight on left 12:00

7&8 Scuff right, Stomp right in place, Stomp left next to right

**[25-32] STEP FWD, SCUFF, STEP FWD, SCUFF, STEP 1/2 TURN, SCUFF, STOMP, STOMP**

1-2 Right step fwd, Scuff left

3-4 Left step fwd, Scuff right

5-6 Right step fwd, Turn 1/2 left and recover weight on left 6:00

7&8 Scuff right, Stomp right in place, Stomp left next to right

**TAG 1 (4 counts)**

**Each time you return to 12:00 after the second part B, add these 4 counts :**

1-4 JAZZ BOX : Right cross over left, left step back, right to right, left step fwd

**TAG 2 (16 counts)**

**When you return at 12:00 after the 2nd TAG 1, add these 16 accounts :**

**[1-8] JUMP SIDE & TOUCH, HOLD, ROCKS STEPS (FWD, SIDE, BACK)**

&1-2 Little jump to right side & Touch left next to right, Hold (2)

**Option style : Stretch out 2 arms towards the left at shoulder height, looking to the left**

3-4 Rock step left fwd, recover on right (return with arms at your sides)

5-6 Rock step left to left side, recover on right

7-8 Rock back on left, recover on right

**[9-16] JUMP SIDE & TOUCH, ROCKS STEPS (FWD, SIDE BACK)**

**Same as the previous section on the other side**

&1-2 Little jump to left side & Touch right next to left, Hold (2)

**Option style : Stretch out 2 arms towards the right at shoulder height, looking to the right**

3-4 Rock step right fwd, recover on left (return with arms at your sides)

5-6 Rock step right to right side, recover on left

7-8 Rock back on right, recover on left

**ENJOY & HAVE FUN !!**

**Last Update: 10 Feb 2024**

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