

Ballymore

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Fulvio Durazza (AUS)
音乐: The Boys From Ballymore - Sham Rock



½ TURN RIGHT, ½ TURN RIGHT, ½ TURN SHUFFLE, TOUCH DROP, RAISE, STEP, TOUCH, JUMP, TOUCH

- 1-2 Turning ½ turn right step forward onto right foot, turning ½ turn right step back onto left foot
3&4 Turning ½ turn right shuffle forward right-left-right
5&6 Touch left toe behind right foot as you do this bend right knee as if you are dipping down, straighten right knee, step left to left
7&8 Touch right toe behind left foot, jump onto right to right side, touch left toe behind right

BALL JACK, JUMP, STEP, STEP, ½ PIVOT, SHUFFLE FORWARD, SAMBA FORWARD

- &1&2 Jump back onto left, touch right heel forward, jump onto right, step forward onto left
3-5&6 Step forward onto right, pivot ½ turn left, shuffle forward right stepping right-left-right
7&8 Traveling slightly forward - rock onto left to left side, rock onto right to right side, cross left over right

¼ TURN LEFT BALL JACK, JUMP, SCUFF, SAMBA FORWARD, ¼ TURN RIGHT BALL JACK, JUMP, SCUFF, STEP, STOMP

- &1&2 Turning ¼ turn left jump back onto right, touch left heel forward, jump onto left, scuff right forward
3&4 Traveling slightly forward - rock onto right to right side, rock onto left to left side, cross right over left
&5&6 Turning ¼ turn right jump back onto left, touch right heel forward, jump onto right, scuff left forward
7-8 Step forward onto left, stomp right together keeping weight on left

SIDE SHUFFLE, CROSS UNWIND, SAILOR SHUFFLE, BEHIND, ¼ TURN, STEP

- 1&2 Shuffle to right side stepping right-left-right
3-4 Cross left over right, unwind ½ turn right taking weight onto left
5&6 Sailor shuffle - step right behind left, step left to left side, step right to right side
7&8 Step left behind right, turning ¼ turn right step forward onto right, step forward onto left

REPEAT