

# Irish Medley Mix

**COPPER KNOB**  
STEPPERS

拍数: 64                      墙数: 2                      级数: Intermediate  
编舞者: Karen Kennedy (SCO) & Adrian Helliker (FR) - March 2013  
音乐: Spanish Lady / Holy Ground / Westmeath Bachelor - Nathan Carter : (CD: Time Of My Life)



Intro:- 8 count start on vocals.

Section 1 – Choose either the easy or harder section depending on your dancers ability.

**\*EASY OPTION- Section 1 with no turns which keeps you facing front wall**

**CROSS ROCK, RECOVER, RIGHT CHASSE, CROSS ROCK, LEFT CHASSE**

1 -2                      Cross rock right over left, recover on left  
3&4                      Step right to right side, close left beside right, step right to right side  
5 -6                      Cross left over right, recover on right  
7&8                      Step left to left side, close right beside left, step left to left side (12)

Or

**\*HARDER OPTION- Section 1 with turns to bring you back to the front wall**

**CROSS ROCK, RECOVER, ¼ CHASSE RIGHT, ¾ PIVOT TURN, LEFT CHASSE**

1 -2                      Cross rock right over left, recover on left  
3&4                      Step right to right side, close left beside right, turn ¼ right stepping right forward (3)  
5 -6                      Step forward on left, pivot ¾ turn right (12)  
7&8                      Step left to left side, close right beside left, step left to left side (12)

**RIGHT & LEFT SAILOR STEP, ROCK FORWARD, RECOVER, ½ SHUFFLE TURN**

1&2                      Cross right behind left, step left to left side, step right to right side  
3&4                      Cross left behind right, step right to right side, step left to left side  
5 -6                      Rock forward on right, recover on left  
7&8                      ½ turn shuffle turn right stepping – right, left, right (6)

**ROCK FORWARD, RECOVER, LEFT COASTER STEP, POINT FORWARD, SIDE, ¼ SAILOR**

1 -2                      Rock forward on left, recover on right  
3&4                      Step back on left, step back on right, step left forward  
5 -6                      Point right toe forward, point right to toe to right side  
7&8                      Cross right behind left turning ¼ right, step left to left side, step right to right side, (9)

**CROSS ROCK, RECOVER, LEFT CHASSE, CROSS ROCK, RECOVER, ¼ RIGHT CHASSE**

1 -2                      Cross rock left over right, recover on right  
3&4                      Step left to left side, close right beside left, step left to left side  
5 -6                      Cross right over left, recover on left  
7&8                      Step right to right side, close left beside right, turn right ¼ turn right (12)

**LEFT & RIGHT HEEL SWITCHES, STEP FWD, TAP TOE, SHUFFLE BACK, COASTER STEP**

1&2&                      Touch left heel forward, step back in place, touch right heel forward, step back in place  
3 -4                      Step left foot forward, tap or touch right toe beside left instep  
5&6                      Step right foot back, close left beside right, step right foot back  
7&8                      Step back on left, step back on right, step left forward (12)

**CROSS ROCK, RECOVER, ¼ CHASSE RIGHT, ¼ PIVOT TURN, LEFT CROSS SHUFFLE\* Wall 4 start here**

1 -2                      Cross rock right over left, recover on left  
3&4                      Step right to right side, close left beside right, turn right ¼ right (3)  
5 -6                      Step forward on left, pivot ¼ turn right (6)

7&8 Cross left over right, close right beside left, cross left over right(6)

**RIGHT & LEFT TOES SWITCHES, RIGHT KICK BALL, ROCK FWD, RECOVER, ½ SHUFFLE**

1&2& Touch right toe to right side, step back in place, touch left toe to left side, step back in place  
3&4 Kick right forward, step right ball back in place, step forward on left\* Wall 1 Restart dance  
5 -6 Rock forward on right, recover on left  
7&8 ½ shuffle turning right stepping – right, left, right (12)

**LEFT & RIGHT TOE SWITCHES, LEFT KICK BALL CHANGE, ROCK FWD, RECOVER, ½ SHUFFLE**

1&2& Point toe to left side, step back in place, point right toe to right side, step back in place  
3&4 Kick left forward, step ball back in place, step right forward  
5 -6 Rock forward on left, recover on right  
7&8 ½ shuffle turning left stepping – left, right, left (6)

**Tag:- Add at the end of wall 2**

**SIDE, TOUCH, SIDE, TOUCH, FORWARD, TOUCH, LEFT COASTER STEP**

1 -2 Step right to right side, touch left beside right  
3 -4 Step left to left side, touch right beside left  
5 -6 Step right foot forward, touch left beside right  
7&8 Step back on left, step back on right, step forward on left

**START AGAIN**

Please note the changes below to the dance due to the changes in the medley which uses 3 songs and the dance has been choreographed to take these changes into account to fit the music.

**Spanish Lady:**

Wall 1 dance to count 50\*

Wall 2 dance 64 counts and add 8 count tag .

**Holy Ground:**

Wall 3 dance 64 counts

Wall 4 – Repeat from 6 to 8

**Westmeath Bachelor:**

Wall 5 dance first 8 counts and restart

Wall 6 dance 64 counts

Wall 7 dance first 8 counts and restart

Wall 8 dance 64 counts

Wall 9 dance first 8 counts and restart

Wall 10 dance 64 counts to finish dance.

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