

Irish Heart

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Derek Robinson (UK) - March 2013
音乐: Irish Heart - Derek Ryan : (CD: 'Made Of Gold')



Music available iTunes or Irish Country Music web site: <http://www.irishcountrymusic.com/>

16 count intro, start on the word "friends". There is one easy Restart after 16 counts on wall 5.

Sec 1: FORWARD, TOUCH x 2, ROCKING CHAIR.

1-2 Step forward on left, touch right toe to right side.
3-4 Step forward on right, touch left toe to left side.
5-6 Rock forward on left, recover onto right.
7-8 Rock back on left, recover onto right.

Sec 2: FORWARD, 1/4 TURN, SIDE ROCK, BACK x 2, BACK ROCK.

1-2 Step forward on left, pivot ¼ turn right. (3.00)
3&4 Rock to left side on left, recover onto right, step back left.
5&6 Rock to right side on right, recover onto left, step back right.
7-8 Rock back on left, recover onto right.

Restart here on wall 5 - you will be facing (3.00).

Sec 3: SKATE ¼ TURN, TOUCH x 2, ACROSS, SIDE, BEHIND, SWEEP.

1-2 Skate forward on left making ¼ turn left, touch right toe to right side. (12.00)
3-4 Skate forward on right making ¼ turn right, touch left toe to left side. (3.00)
5-6 Cross left over right, step right to right side.
7-8 Cross left behind right, sweep right back.

Sec 4: BEHIND, SIDE, CROSS SHUFFLE, SIDE ROCK, BACK ROCK.

1-2 Cross right behind left, step left to left side.
3&4 Cross right over left, step left to left side, cross right over left.
5-6 Rock to left side on left, recover onto right.
7&8 Rock back on left, recover onto right.

Begin again.

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