

Daybreak

拍數: 48 牆數: 4 級數: Intermediate Celtic
編舞者: Gerard Murphy (CAN) - May 2018
音樂: Ni Na La - Órla Fallon : (CD: My Land)



Nil 'na la (Irish Gaelic) = Daybreak has not come (English)

TAG: One eight (8) count Tag, repeated twice.

Start on lyrics after 24 counts.

Music available on iTunes. 2:16 mins.

Start the dance standing in third position.

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| 1, 2 | Rock right to right, recover onto left |
| 3&4 | Cross triple to left: right, left, right |
| 5, 6 | Step left to left, cross step right behind left |
| &7, 8 | Step left to left, cross step right over left, step left to left |
| 1, 2 | Cross step right over left, point left to left side (whenever you point, keep your leg straight and toes pointed!) |
| 3, 4 | Cross step left over right, point right to right side |
| 5, 6 | Rock right forward, recover onto left |
| 7, 8 | Step back onto right, step back onto left |
| 1&2 | Triple back: right, left, right (placing right behind left heel – into third position) |
| 3&4 | Triple back: left, right, left (placing left behind right heel – into third position) |
| 5, 6 | Rock right back, recover onto left |
| 7, 8 | Step right forward, pivot ½ turn left onto left |
| 1 | Point right to right side |
| 2, 3, 4 | Cross step right over left, step left to left, cross step right over left |
| 5, 6 | Rock left to left, recover onto right |
| 7&8 | Cross step left behind right, step right to right making a ¼ turn right, step left forward |
| 1 | Point right forward |
| 2&3&4 | Point right to right, step right in place, point left to left, step left in place, point right to right |
| 5, 6 | Pivot a ¼ turn right and keep right pointed forward, step right back in place |
| 7&8 | Coaster back: step back on left, step right back next to left, step left forward |
| 1, 2 | Rock right forward, recover onto left |
| 3&4 | Triple right: right, left, right while making a ¼ turn right |
| 5&6&7 | Cross step left behind right, step right to right, cross step left behind right, step right to right, cross step left behind right (try travelling right on the balls of both feet!) |
| 8 | Hold |

Start over!

TAG: Eight (8) count TAG: Happens TWO times only. The first times you hit both the 3 o'clock and 6 o'clock walls. Dance the TAG each time and then restart the dance from the beginning.

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| 1, 2, 3&4 | Rock right to right, recover onto left, cross step right over left, clap 2x in the air, near right ear |
| 5, 6, 7&8 | Rock left to left, recover onto right, cross step left over right, clap 2x in the air, near right ear |

End the dance facing the front wall, after dancing the first six (16) of the pattern – standing in third position!

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