

Home to Donegal

拍數: 96 牆數: 2 級數: Intermediate Viennese waltz
編舞者: Heather Barton (SCO) & Niels Poulsen (DK) - February 2020
音樂: Home To Donegal (Live) - Nathan Carter : (Album: Live at the Marquee Cork - iTunes)



Intro: Start after 24 counts, app. 14 secs. into track. Start with weight on L foot, facing 12:00
Restart: On wall 8, after 24 counts, facing 12:00.

[1 – 12] ¼ R sweep, weave, step slide R, ¼ L run run run

1 – 3 Turn ¼ R stepping R fwd starting to sweep L from back to front (1), finish sweep (2-3) 3:00
4 – 6 Cross L over R (4), step R to R side (5), cross L behind R (6) 3:00
7 – 9 Step R to R side (7), slide L towards R (8), touch L next to R (9) 3:00
10 – 12 Turn ¼ L stepping L fwd (10), step R fwd (11), step L fwd (12) ... OR turn 1 ¼ L 12:00

[13 – 24] ½ L sweep, behind side cross, step slide to R side, side L with R back rock

1 – 3 Turn ½ L stepping R back starting to sweep L from front to back (1), finish sweep (2-3) 6:00
4 – 6 Cross L behind R (4), step R to R side (5), cross L over R (6) 6:00
7 – 9 Step R a big step to R side (7), slide L next to R (8-9) 6:00
10 – 12 Step L to L side (10), rock R behind L (11), recover onto L (12) 6:00

*** Restart here on wall 8, facing 12:00**

[25 – 36] 1/8 R fwd R with L sweep, fwd L point R, ½ R sweep, walk L, drag, step R fwd

1 – 3 Turn 1/8 R stepping R fwd (1), sweep L fwd from back to front (2-3) 7:30
4 – 6 Step L fwd (4), point R sharply to R side (5), HOLD but prep your body slightly to L (6) 7:30
7 – 9 Turn ½ R onto R starting to sweep L from back to front (7), finish sweep (8-9) 1:30
10 – 12 Walk L fwd (10), drag R towards L (11), step R fwd (12) 1:30

[37 – 48] Diamond turning 7/8 L

1 – 3 Step L fwd (1), turn 1/8 L stepping R to R side (2), turn 1/8 L stepping back on L (3) 10:30
4 – 6 Step back on R (4), turn 1/8 L stepping L to L side (5), turn 1/8 L stepping R fwd (6) 7:30
7 – 9 Step L fwd (7), turn 1/8 L stepping R to R side (8), turn 1/8 L stepping back on L (9) 4:30
10 – 12 Step back on R (10), turn 1/8 L stepping L to L side (11), step R fwd (12) 3:00

[49 – 60] Fwd L with R hitch, back ½ L, fwd L with R hitch, run back RLR

1 – 3 Step L fwd hitching R slowly (1-3) 3:00
4 – 6 Step back on R (4), turn ½ L stepping fwd onto L (2), step R fwd (3) 9:00
7 – 9 Step L fwd hitching R slowly (7-9) 9:00
10 – 12 Step back on R (10), step back on L (11), step back on R (12) 9:00

[61 – 72] ¼ L into L side rock, syncopated rolling vine, R step slide, cross rock ¼ L

1 – 3 Turn ¼ L rocking L to L side (1), slowly turn body slightly L leaving R foot pointed R (2-3) 6:00
4 – 6 Turn ¼ R stepping R fwd (4), HOLD (5), turn ½ R stepping L back (6) 3:00
7 – 9 Turn ¼ R stepping R a big step to R side (7), slide L towards R (8-9) 6:00
10 – 12 Cross rock L over R (10), recover back on R (11), turn ¼ L stepping L fwd (12) 3:00

[73 – 84] Full spiral turn L, L fwd with R sweep, weave, step slide

1 – 3 Step R fwd starting a full spiral turn (1), finish spiral turn (2-3) 3:00
4 – 6 Step L fwd starting to sweep R from back to front (4), finish sweep (5-6) 3:00
7 – 9 Cross R over L (7), step L to L side (8), cross R behind L (9) 3:00
10 – 12 Step L to L side (10), slide R next to L (11-12) 3:00

[85 – 96] ¼ R fwd R with L sweep, fwd L with R sweep, cross side rock, weave

- 1 – 3 Turn ¼ R stepping R fwd starting to sweep L from back to front (1), finish sweep (2-3) 6:00
- 4 – 6 Step L fwd starting to sweep R fwd from back to front (4), finish sweep (5-6) 6:00
- 7 – 9 Cross R over L (7), rock L to L side (8), recover weight to R (9) 6:00
- 10 – 12 Cross L over R (10), step R to R side (11), cross L behind R (12) 6:00

Begin again

Ending During your last wall (wall 9), which starts at 12:00, slow down the last 12 counts with the music. Then turn ¼ R onto R sweeping L another ¼ R to end at the front again 12:00

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