

Irish Way

拍數: 32 牆數: 4 級數: Improver
編舞者: Frank Heelan (IRE) - March 2020
音樂: Irish Way - The O'Reillys & The Paddyhats



Sec 1: Walk right, left, side rock cross, side rock recover, cross shuffle.

1-2 Walk forward right, left.
3&4 Rock right to right, recover to left, cross right over left.
5-6 Rock left to left, recover to right.
7&8 Cross left over right, step right to right, cross left over right. (12.00)

Sec 2: Turn $\frac{1}{4}$, $\frac{1}{2}$, coaster step, rocking chair.

1-2 Turn $\frac{1}{4}$ right step forward right, turn $\frac{1}{2}$ right step back on left. (9.00)
3&4 Step back right, left together, forward right.
5-6 Rock forward left, recover to right.
7-8 Rock back left, recover to right.

Sec 3: Turn $\frac{1}{2}$, $\frac{1}{4}$, cross shuffle, side rock, behind side step.

1-2 Turn $\frac{1}{2}$ right step back left, turn $\frac{1}{4}$ right step right to right side. (6.00)
3&4 Cross left over right, step right to right, cross left over right.
5-6 Rock right to right, recover to left.
7&8 Step right behind, step left to left, step forward right.

Sec 4: Rock recover, sailor $\frac{1}{4}$ turn, rock recover, ball step, touch.

1-2 Rock forward left, recover to right.
3&4 Turn $\frac{1}{4}$ left, sweeping left behind, rock right to right, recover to left.
5-6 Rock forward right, recover to left.
&7-8 Step back on ball of right, back left, touch right toe over left. (3.00)

This dance was for our Patrick's Day celebrations that went toes up.

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