

Irish Bowing

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Séverine Fillion (FR) - January 2024
音樂: Pushin' the Bow - Ashleigh Dallas



Intro : 32 counts

SEQ: A – B – B – Tag 1 - A – A – B – B – Tag 1 – Tag 2 – A – A – B – B – Tag 1 - A

PART A – On 1 wall - (Option style : hands on hips)

[1-8] TOUCH FWD, R HEEL TWIST, HOOK, POINT FWD, FLICK, STOMP FWD, TRIPLE FWD, STEP 1/2 TRUN

1&2 Right ball fwd, swivel right heel to the right, recover right heel in center
&3 Hook right cross over left leg, Touch right toe fwd
&4 Flick right diagonally back, right Stomp fwd
5&6 Triple step left right left fwd
7-8 Right step fwd, Turn 1/2 left (ending weight on left) 6:00

[9-16] TOUCH FWD, R HEEL TWIST, HOOK, POINT FWD, FLICK, STOMP FWD, TRIPLE FWD, STEP 1/2 TRUN

Same steps as 1-8 12:00

[17-24] HEEL & TOUCH & HEEL & HEEL & TOUCH & HEEL & SIDE POINT, CLAP CLAP

1&2 Right heel fwd, recover on right, Touch left toe just behind right
&3 Recover on left, Right heel fwd
&4 Recover on right, Left heel fwd
&5 Recover on left, Touch right toe just behind left
&6 Recover on right, Left heel fwd
&7 Recover on left, Point right toe to right side
&8 Clap Clap

[25-32] JUMP DIAGONALLY FWD– BOUNCE (RIGHT & LEFT), JUMP DIAGONALLY BACK – BOUNCE (R & L)

&1 Little jump diagonal right fwd both feet together
&2 Lift & drop both heels on the floor
&3 Little jump diagonal left fwd both feet together
&4 Lift & drop both heels on the floor
&5 Little jump diagonal right back both feet together
&6 Lift & drop both heels on the floor
&7 Little jump diagonally left back both feet together
&8 Lift & drop both heels on the floor

PART B - On 2 walls -

[1-8] SIDE ROCK, BEHIND, SIDE, HEEL GRIND TRAVELLING TO LEFT, BACK ROCK

1-2 Rock step right to right side, recover on left
3-4 Right cross behind left, left to left
5-6 Grind right heel fwd and swivel right toe to the right, recover on left to left side
7-8 Rock back on right, recover on left

[9-16] HEEL GRIND 1/4 TURN R, BACK ROCK, HEEL GRIND 1/4 TURN R , BACK ROCK

1-2 Grind right heel and swivel right toe to the right 1/4 turning right, recover on left
3-4 Rock back on right, recover on left
5-6 Grind right heel and swivel right toe to the right 1/4 turning right, recover on left

7-8 Rock back on right, recover on left 6:00

[17-24] STEP FWD, SCUFF, STEP FWD, SCUFF, STEP 1/2 TURN, SCUFF, STOMP, STOMP

1-2 Right step fwd, Scuff left

3-4 Left step fwd, Scuff right

5-6 Right step fwd, Turn 1/2 left and recover weight on left 12:00

7&8 Scuff right, Stomp right in place, Stomp left next to right

[25-32] STEP FWD, SCUFF, STEP FWD, SCUFF, STEP 1/2 TURN, SCUFF, STOMP, STOMP

1-2 Right step fwd, Scuff left

3-4 Left step fwd, Scuff right

5-6 Right step fwd, Turn 1/2 left and recover weight on left 6:00

7&8 Scuff right, Stomp right in place, Stomp left next to right

TAG 1 (4 counts)

Each time you return to 12:00 after the second part B, add these 4 counts :

1-4 JAZZ BOX : Right cross over left, left step back, right to right, left step fwd

TAG 2 (16 counts)

When you return at 12:00 after the 2nd TAG 1, add these 16 accounts :

[1-8] JUMP SIDE & TOUCH, HOLD, ROCKS STEPS (FWD, SIDE, BACK)

&1-2 Little jump to right side & Touch left next to right, Hold (2)

Option style : Stretch out 2 arms towards the left at shoulder height, looking to the left

3-4 Rock step left fwd, recover on right (return with arms at your sides)

5-6 Rock step left to left side, recover on right

7-8 Rock back on left, recover on right

[9-16] JUMP SIDE & TOUCH, ROCKS STEPS (FWD, SIDE BACK)

Same as the previous section on the other side

&1-2 Little jump to left side & Touch right next to left, Hold (2)

Option style : Stretch out 2 arms towards the right at shoulder height, looking to the right

3-4 Rock step right fwd, recover on left (return with arms at your sides)

5-6 Rock step right to right side, recover on left

7-8 Rock back on right, recover on left

ENJOY & HAVE FUN !!

Last Update: 10 Feb 2024
