

# Irish Heart Beat

拍數: 48      牆數: 1      級數: waltz  
編舞者: Eddie McIntosh (SCO)  
音樂: Irish Heartbeat - Van Morrison



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## CROSS LEFT TWINKLE, CROSS RIGHT TWINKLE

1-3              Cross left over right, step right beside left, step left in place  
4-6              Cross right over left, step left beside right, step right in place

## STEP FORWARD, TOGETHER, BACK, STEP BACK, TOGETHER, FORWARD

7-9              Step forward left, step right beside left, step back left  
10-12            Step back right, step left beside right, step forward right

## TRIPLE ¼ TURN LEFT (2)

13-15            Step left to left turning ¼ left, step right beside left, step left in place  
16-18            Step back right turning ¼ left, step left beside right, step right in place

## LEFT VINE, BUMP HIPS RIGHT, LEFT, RIGHT

19-21            Step left to left, step right behind left, step left to left  
22-24            Bump hips right, left, right

## CROSS FRONT, SIDE, BEHIND, BUMP HIPS RIGHT, LEFT, RIGHT

25-27            Cross left over right, step right to right, step left behind  
28-30            Bump hips right, left, right

## TRIPLE ¼ TURN LEFT (2)

31-33            Step left to left turning ¼ left, step right beside left, step left in place  
34-36            Step back right turning ¼ left, step left beside right, step right in place

## STEP FORWARD, SLIDE TOGETHER, DROP HEEL, STEP BACK, SLIDE CROSS, TOUCH

37-39            Step forward left, slide right beside left raising right heel, drop right heel in place  
40-42            Step back right, slide left in front of right raising left heel, point left toes down in front of right  
43-45            Step forward left, slide right beside left raising right heel, drop right heel in place  
46-48            Step back right, slide left in front of right raising left heel, point left toes down in front of right

## REPEAT

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