

# Banners Blue And Green

拍數: 76      牆數: 2      級數: Intermediate  
編舞者: Phil Johnson (UK) - September 2008  
音樂: Coisich, A Ruin - Capercaillie : (CD: Delerium)



Intro: Karen Matheson sings Coisich, a ruin, hu il oro, Cum do ghealladh rium, o hi ibh o; Beir soraidh bhuam, hu il oro Dhan Hearadh, boch oraino o" - After which there are 8 drum beats and then a much heavier beat. On that heavy beat count 32, then dance Steps 1-38 are a modified Gay Gordon

This song is in Gaelic so the dance has woven through it hints of Scottish Country dancing

## Walk Forward Right Left, Right Shuffle, Half Turn Right Walk Back Left Right, Left Coaster

1-2            Step forward right, left  
3&4           Step right forward, step on left beside right, step right forward  
5-6           Half turn right stepping left back, step right back  
7&8           Step left back, step on right beside left, step left forward

## Walk Forward Right Left, Right Shuffle, Half Turn Right Walk Back Left Right, Left Coaster

9-16           Repeat steps 1-8

## Step Pivot Twice

17-18          Step right forward, pivot half turn left  
19-20          Repeat steps 17-18 (sway as you pivot turn)

## Chasse Right, ¼ Turn Right Chasse Left, ¼ Turn Right Chasse Right, Left Shuffle Forward

21&22          Step right to side, step on left beside right, step right to side  
23&24          ¼ turn right stepping left to left side, step right beside left, step left to side  
25&26          ¼ turn right stepping right to right side, step on left beside right, step right to side  
27&28          Step left forward, step right beside left, step left forward

## Rock Forward And Back, Right And Left Sailors Traveling Backwards Twice

29-30          Rock Right Forward, Recover Left Back  
31&32          Step on right behind left, rock on left to left side (slightly back), rock onto right (slightly back)  
33&34          Step on left behind right, rock on right to right side (slightly back), rock onto left (slightly back)  
35-38          Repeat steps 31-34 (right and left sailor steps traveling back)

## And now, a variation on a Sword Dance

### Jump Right Touch Hold & Click Fingers; Jump Left Touch Hold & Click Fingers; Syncopated Weave To The Right

&39-40          Jump right to right side, touch left toe beside right, hold and click fingers at head height  
&41-42          Jump left to left side, touch right toe beside left, hold and click fingers at head height  
&43&44&          Step right to side, step on left behind right, step right to side, cross left in front of right, step right to side,  
45&46          cross on left behind right, step right to side, touch left beside right

### Jump Left Touch Hold & Click Fingers; Jump Right Touch Hold & Click Fingers; Syncopated Weave To The Left

&47-54          Repeat steps &39-46 leading with left

### Touch Right Toe To Right, Touch Right To Left Leg, Jump Forward To Right Diagonal, Touch Left Toe Beside Right Hold And Click Fingers

55-56          Touch right toe to right side, touch sole of right foot against lower left leg (toe pointing to floor)

&57-58            Jump forward to right diagonal landing on right, touch left toe beside right, hold clicking fingers at head height

**Touch Left Toe To Left, Touch Left To Right Leg, Jump To Left Side, Touch Right Toe Beside Left Hold Clicking Fingers**

59-60            Touch left toe to left side, touch sole of left foot against lower right leg (toe pointing to floor)

&61-62            Jump to left side landing on left, touch right toe beside left, hold and click fingers at head height

**Touch Right Toe To Right, Touch Right To Left Leg, Jump Backwards To Right Diagonal, Touch Left Toe Beside Right Hold Clicking Fingers**

63-64            Touch right toe to right side, touch sole of right foot against lower left leg (toe pointing to floor)

&65-66            Jump backwards to right diagonal landing on right, touch left toe beside right, hold clicking fingers at head height

**Touch Left Toe To Left, Touch Left To Right Leg, Jump To Left Side, Touch Right Toe Beside Left Hold Clicking Fingers**

67-70            Repeat steps 59-62

**All of steps 55-70 may be done with arms out at shoulder height, elbows bent and hands at head height in the style of Scottish Sword Dancers**

**Rock Forward, Recover, Right And Left Sailor Steps Traveling Backwards**

71-72            Rock right forward, recover left back

73&74            Step on right behind left, rock on left to left side (slightly back), rock onto right, slightly back

75&76            Step on left behind right, rock on right to right side (slightly back) rock on left to left side

**Repeat**

**TAG: At the END of the SECOND wall (facing home wall), do a further right and left sailor steps then cross right over left, point left toe to left side; cross left over right and point right to right side**

**ENDING: You will end the dance facing front dancing steps &39-&43. For step 43 touch left beside right on the last note of the song keeping arms held up**

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