

Mrs Murphys Jig

拍數: 32 牆數: 2 級數: Intermediate Irish
編舞者: Michael Beck (USA) - April 2010
音樂: Mrs. Murphy's Chowder - The Bono Irish Experience



8 Count Intro

WALK, WALK, KICK, BACK, CROSS, ROCK-RECOVER, BEHIND, SIDE HOP STEP, FORWARD HOP STEP

1-2 Walk forward Right, Left
3&4 Kick right forward, Step right back, Cross left over right
5-6 Rock right on right, Recover left on left
7&8 Step right behind left, Hop step left next to right, Hop step right forward

WALK, WALK, KICK, BACK, CROSS, ROCK-RECOVER, BEHIND, SIDE HOP STEP, FORWARD HOP STEP

1-2 Walk forward Left, Right
3&4 Kick left forward, Step left back, Cross right over left
5-6 Rock left on left, Recover right on right
7&8 Step left behind right, Hop step right next to left, Hop step left forward

KICK BALL POINT, & TOUCH, KICK BALL POINT, SAILORS STEP, SAILORS 1/2 TURN RIGHT

1&2 Kick right foot forward, Step back on right, Point left toe out to left side
& Step left foot next to right
3&4 Kick right foot forward, Step back on right, Point left toe out to left side
5&6 Left sailors step
7&8 Right sailors step with 1/2 turn right

FORWARD, TOUCH, BACK, HEEL, HOME, HEEL, HOME, POINT, HOLD-CLAP, SAILORS STEP

1-2 Step left forward, Touch right next to left
&3 Step back on right, Place left heel forward
&4 Step left back, Place right heel forward
&5 Step right foot back, Touch left toe to left side
6 Hold and clap
7&8 Left sailor step

REPEAT
