

In An Irish Heartbeat

COPPER KNOB
STEPPING SHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Steve Bisson (UK) & Denise Bisson (UK) - May 2013
音樂: Tell Me Ma - Van Morrison & The Chieftains : (CD: Irish Heartbeat)



Intro: 8 counts after the opening drum beats (9 seconds from the beginning of the track) – 32 counts before the vocals!

One easy Restart on Wall 4

TOE POINT, BALL CROSS X 2, ROCK RIGHT, RECOVER, BEHIND SIDE CROSS

1&2 Touch right toe to right side, step right slightly back beside left, cross left over right
3&4 Touch right toe to right side, step right slightly back beside left, cross left over right
5-6 Rock right to right side, recover weight on left
7&8 Step right behind left, step left to left side, cross right over left

TOE POINT, BALL CROSS X 2, ROCK LEFT, RECOVER, BEHIND ¼ TURN RIGHT, STEP

1&2 Touch left toe to left side, step left slightly back beside right, cross right over left
3&4 Touch left toe to left side, step left slightly back beside right, cross right over left
5-6 Rock left to left side, recover weight on right
7&8 Step left behind right, step right forward making ¼ turn right, step left forward [3:00]

HEEL SWITCHES, WALK, WALK, HEEL & TOE & HEEL & STEP

1&2 Touch right heel forward, step right beside left, touch left heel forward
&3-4 Step left beside right, walk forward right, walk forward left
***Restart here on wall 4 when dancing to "I'll Tell Me Ma" by Van Morrison & The Chieftains [facing 12:00]**
5&6 Touch right heel forward, step right beside left, touch left toe beside right
&7&8 Step left beside right, touch right heel forward, step right beside left, step left forward

ROCK FORWARD, RECOVER, SHUFFLE ½ TURN X 2 (TRAVELLING BACK), ROCK BACK, RECOVER

1-2 Rock right forward, recover weight on left
3&4 Shuffle ½ turn right – stepping right, left, right – travelling back [9:00]
5&6 Shuffle ½ turn right – stepping right, left, right – travelling back [3:00]
7-8 Rock back right, recover weight on left

REPEAT

RESTART

On wall 4; restart the dance after count 20 – following the heel switches & walk, walk

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