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| --- | --- |
| Na Mara |  |

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| . | | | | | | |
| **Count:** | 32 | **Wand:** | 4 | **Ebene:** | Intermediate | . |
| **Choreograf/in:** | Maggie Gallagher (UK) | | | | |
| **Musik:** | Na Mara - The Borderers | | | | |
| . | | | | | | |

**Begin after 64 count intro (42 seconds) with weight on left, right toe pointed to right side**

**CROSS & BEHIND, ¼, STEP, ½ PIVOT, RIGHT-LOCK-STEP, TRIPLE FULL TURN**

|  |  |
| --- | --- |
| 1&2 | Cross step right over left, step left to side, step right behind left |

|  |  |
| --- | --- |
| &3-4 | Step left to side with a quarter turn left, step forward on right, pivot half turn left |

|  |  |
| --- | --- |
| 5&6 | Step forward on right, lock-step left behind right, step forward on right |

|  |  |
| --- | --- |
| 7&8 | Traveling slightly forward: step left, right, left, to make a whole turn right |

**STEP, ¼-ROCK-CROSS, SIDE, HITCH-TURN, HITCH-TURN, LEFT SAILOR STEP**

|  |  |
| --- | --- |
| 1 | Step forward on right |

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| --- | --- |
| 2&3 | Turn quarter right and rock left to side, recover weight onto right, cross step left over right |

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| --- | --- |
| 4 | Step right to side |

|  |  |
| --- | --- |
| &5 | Hitch left knee and turn half left on ball of right foot, step left to side |

|  |  |
| --- | --- |
| &6 | Hitch right knee and turn half left on ball of left, step right to side |

|  |  |
| --- | --- |
| 7&8 | Step left behind right, step right to side, step left in place |

**STEP-SCUFF-HITCH-STEP, SCUFF-HITCH-STEP, ¼ STEP-SCUFF-HITCH-STEP, SCUFF-HITCH-STEP**

|  |  |
| --- | --- |
| 1&2& | Step forward on right, scuff left forward, hitch left, step forward on left |

|  |  |
| --- | --- |
| 3&4 | Scuff right forward, hitch right, step forward on right |

|  |  |
| --- | --- |
| 5&6& | Turn quarter left and step forward on left, scuff right, hitch right, step forward on right |

|  |  |
| --- | --- |
| 7&8 | Scuff left forward, hitch left, step forward on left \*\* |

**For optional Irish styling, place hands on hips during the above section**

**CROSS-ROCK-¼, STEP-TURN-SIDE, HOOK-SIDE SHUFFLE, HOOK-SIDE SHUFFLE**

|  |  |
| --- | --- |
| 1&2 | Cross rock right over left, recover weight onto left, turn a quarter right stepping forward on right |

|  |  |
| --- | --- |
| 3&4 | Step forward on left, pivot ¾ turn right, step left to side (the last 4 counts make a whole turn) |

|  |  |
| --- | --- |
| &5&6 | Hook right foot across left shin, step right to side, step left together, step right to side |

|  |  |
| --- | --- |
| &7&8 | Hook left foot across right shin, step left to side, step right together, step left to side |

**REPEAT**

**RESTART**

**When you dance the fourth wall, you will only dance up until count 24. At this point you are facing the front wall and you re-start the dance from count one with the weave.**

**OPTIONAL ENDING**

**The dance ends with the music on count 16. If you want to finish facing the front, simply adjust the last sailor step to turn ¼ to face the front.**