

# Na Mara

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