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| The Irish In Me |  |

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| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner / Improver | . |
| **Choreographer:** | Kathryn Rowlands (WLS) - March 2017 |
| **Music:** | Gaffos Ball - Sharon Shannon (feat. Steve Earle) : (CD: The Galway Girl) |
| . |

**[instrumental: count 16 from beginning]**

**Alt music: Warriors, CD Lord of the Dance [16-ct intro from the beat]**

**Dance progresses in a counter-clockwise direction**

**[1-8] Rock Step, Coaster, Rock, Step, Heel Splits**

|  |  |
| --- | --- |
| 1-2 | Rock forward on right foot, recover onto left |

|  |  |
| --- | --- |
| 3&4 | Step right foot back, step left foot back beside right, step right foot forward |

|  |  |
| --- | --- |
| 5-6 | Rock forward on left foot, recover onto right |

|  |  |
| --- | --- |
| 7&8 | Step back on left foot, swivel heels out-in (right foot will be slightly forward) [12:00] |

**[9-16] Grapevine, Cross, Coaster, Heel Dig x2**

|  |  |
| --- | --- |
| 1-4 | Step right to right side, cross left behind right, right to right side, cross left foot in front of right |

|  |  |
| --- | --- |
| 5&6 | Step right foot back, step left foot back beside right, step right foot forward |

|  |  |
| --- | --- |
| 7-8 | Dig left heel to left diagonal x2 (hitch left knee between digs for more style) [12:00] |

**[17-24] Grapevine, Cross, Coaster, Pivot Turn**

|  |  |
| --- | --- |
| 1-4 | Step left to left side, cross right behind right, left to left side, cross right foot in front of left |

|  |  |
| --- | --- |
| 5&6 | Step left foot back, step right foot back beside left, step left foot forward |

|  |  |
| --- | --- |
| 7-8 | Step right foot forward, pivot ¼ turn left on balls of both feet (weight on left foot) [9:00] |

**[25-32] Rocking Chair, Coaster, Step, Heel Splits**

|  |  |
| --- | --- |
| 1-4 | Rock right foot forward, recover back onto left, rock right foot back,recover forward onto left |

|  |  |
| --- | --- |
| 5&6 | Step right foot forward, step left foot forward beside right, step right foot back |

|  |  |
| --- | --- |
| 7&8 | Step back on left foot, swivel heels out-in [9:00] |

**Begin again**