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| Irish Heave Away |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | High Beginner / improver | . |
| **Choreographer:** | Helaine Norman (USA) - February 2022 |
| **Music:** | Heave Away - The Fables |
| . |

**Intro: Vocal - 1 Tag: End wall 2**

**I. Kick Ball Change X2; Rock Forward, Recover, Back Coaster**

|  |  |
| --- | --- |
| 1&2 | Kick R forward, step on R ball, step together |

|  |  |
| --- | --- |
| 3&4 | Kick R forward, step on R ball, step together |

|  |  |
| --- | --- |
| 5-6 | Rock R forward, recover to L |

|  |  |
| --- | --- |
| 7&8 | Step R back, step L together, step R forward |

**II. Repeat Section I. on Left Side**

**III. Triple ½ L Turn, Rock Back, Recover; Triple ¼ R Turn, Rock Back, Recover**

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| --- | --- |
| 1&2 | Step R Forward making ¼ turn left (9:00), step L together, step R together making ¼ turn left (6:00) |

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| --- | --- |
| 3-4 | Rock L back, recover to R |

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| --- | --- |
| 5&6 | Step L side making ¼ right (9:00), step R together, step L side |

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| --- | --- |
| 7-8 | Rock R back, recover to L |

**IV. Heel Switches, Pivot ½ L Turn; Sailor X2**

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| --- | --- |
| 1&2& | Touch R heel forward, step R together, touch L heel forward, step L together |

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| --- | --- |
| 3-4 | Step R forward making pivot 1/2 turn left, weight to L (3:00) |

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| --- | --- |
| 5&6 | Step R behind, step L side, step R side |

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| --- | --- |
| 7&8 | Step L behind, step R side, step L side |

**REPEAT**

**TAG: Kick Ball Change X2; Rocking Chair**

|  |  |
| --- | --- |
| 1&2 | Kick R forward, step on R ball, step together |

|  |  |
| --- | --- |
| 3&4 | Kick R forward, step on R ball, step together |

|  |  |
| --- | --- |
| 5-6 | Rock R forward, recover to L |

|  |  |
| --- | --- |
| 7-8 | Rock R back, recover to L |

**Facing 6:00 at end of wall 2.**

**Contact: helaine43@gmail.com**

**Last Update: 3 Mar 2024**