|  |  |
| --- | --- |
| Lord Of The Dance |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 40 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Charlie Bowring (UK) | | | | |
| **Music:** | Lord of the Dance - Ronan Hardiman | | | | |
| . | | | | | | |

**This dance is designed to fit to The Lord of The Dance, Track 17 On The Lord of the Dance CD, and speeds up to a fun speed after the first 4 walls.**

**MODIFIED SAILOR STEPS**

|  |  |
| --- | --- |
| & | Step to right side on ball of right foot |

|  |  |
| --- | --- |
| 1 | Cross left in front of right |

|  |  |
| --- | --- |
| 2 | Step down on right |

|  |  |
| --- | --- |
| & | Step to left side on ball of left foot |

|  |  |
| --- | --- |
| 3 | Cross right in front of left |

|  |  |
| --- | --- |
| 4 | Step down on left |

|  |  |
| --- | --- |
| & | Step to right side on ball of right foot |

|  |  |
| --- | --- |
| 5 | Cross left in front of right |

|  |  |
| --- | --- |
| 6 | Step down on right |

|  |  |
| --- | --- |
| & | Step to left side on ball of left foot |

|  |  |
| --- | --- |
| 7 | Cross right in front of left |

|  |  |
| --- | --- |
| & | Step left to left side |

|  |  |
| --- | --- |
| 8 | Step right to right side (end with feet at shoulder width) |

**LEFT KICK, CROSS, BACK & BACK & SCUFF STEP, HEEL DROPS**

|  |  |
| --- | --- |
| 9 | Kick left forward |

|  |  |
| --- | --- |
| 10 | Cross left in front of right |

|  |  |
| --- | --- |
| & | Step back on right |

|  |  |
| --- | --- |
| 11 | Lock left over right |

|  |  |
| --- | --- |
| & | Step back on right |

|  |  |
| --- | --- |
| 12 | Loosely lock left over right |

|  |  |
| --- | --- |
| 13 | Scuff right foot forward |

|  |  |
| --- | --- |
| 14 | Stamp right foot forward |

|  |  |
| --- | --- |
| &15&16 | Lift & drop heels four times, making ¼ turn left (1 lift & drop per ½ count) |

**After first 4 walls replace &15&16 with**

|  |  |
| --- | --- |
| 15-16 | Lift heels twice making ¼ turn left |

**SIDE & SIDE & TOUCH, BALL CROSS (TWICE)**

|  |  |
| --- | --- |
| 17 | Touch right to right side |

|  |  |
| --- | --- |
| & | Step right foot in place |

|  |  |
| --- | --- |
| 18 | Touch left to left side |

|  |  |
| --- | --- |
| & | Step left in place |

|  |  |
| --- | --- |
| 19 | Touch right heel forward |

|  |  |
| --- | --- |
| & | Step down on right |

|  |  |
| --- | --- |
| 20 | Cross left over right |

|  |  |
| --- | --- |
| 21 | Touch right heel forward |

|  |  |
| --- | --- |
| & | Step down on right |

|  |  |
| --- | --- |
| 22 | Cross left over right |

|  |  |
| --- | --- |
| 23 | Touch right heel forward |

|  |  |
| --- | --- |
| & | Step down on right |

|  |  |
| --- | --- |
| 24 | Cross left over right |

**WALK FORWARD & BACKWARDS, STEP IN PLACE**

|  |  |
| --- | --- |
| 25-28 | Walk forward right, left, right, left |

|  |  |
| --- | --- |
| 29-31 | Walk backwards right, left, right |

|  |  |
| --- | --- |
| 32 | Step left in place next to right |

**SIDE TOUCHES**

|  |  |
| --- | --- |
| 33 | Step right to right side |

|  |  |
| --- | --- |
| 34 | Touch left, click right fingers |

|  |  |
| --- | --- |
| 35 | Step left to left side |

|  |  |
| --- | --- |
| 36 | Touch right, click left fingers |

|  |  |
| --- | --- |
| 37 | Step right to right side |

|  |  |
| --- | --- |
| 38 | Touch left, click right fingers |

|  |  |
| --- | --- |
| 39 | Step left to left side |

|  |  |
| --- | --- |
| 40 | Touch right, click left fingers |

**REPEAT**

**Change 25-40 to the following after the first 4 walls**

**RUNNING MAN FORWARD AND RUNNING MAN BACKWARDS**

|  |  |
| --- | --- |
| & | Slide left foot backwards while lifting right |

|  |  |
| --- | --- |
| 25 | Step down on right foot |

|  |  |
| --- | --- |
| & | Slide right foot backwards while lifting left |

|  |  |
| --- | --- |
| 26 | Step down on left foot |

|  |  |
| --- | --- |
| & | Slide left foot backwards while lifting right |

|  |  |
| --- | --- |
| 27 | Step down on right foot |

|  |  |
| --- | --- |
| & | Slide right foot backwards while lifting left |

|  |  |
| --- | --- |
| 28 | Step down on left foot |

|  |  |
| --- | --- |
| & | Slide left foot forward, while lifting right |

|  |  |
| --- | --- |
| 29 | Step down on right foot |

|  |  |
| --- | --- |
| & | Slide right foot forward, while lifting left |

|  |  |
| --- | --- |
| 30 | Step down on left foot |

|  |  |
| --- | --- |
| & | Slide left foot forward, while lifting right |

|  |  |
| --- | --- |
| 31 | Step down on right foot |

|  |  |
| --- | --- |
| & | Slide right foot forward, while lifting left |

|  |  |
| --- | --- |
| 32 | Step down on left foot |

**SYNCOPATED STEP TOUCHES**

|  |  |
| --- | --- |
| & | Hop right to right side |

|  |  |
| --- | --- |
| 33 | Touch left toe across in front of right at 45 degree angle with leg straight |

|  |  |
| --- | --- |
| 34 | Hold for 1 beat of music |

|  |  |
| --- | --- |
| & | Hop left to left side |

|  |  |
| --- | --- |
| 35 | Touch right toe across in front of left at 45 degree angle with leg straight |

|  |  |
| --- | --- |
| 36 | Hold for 1 beat of music |

|  |  |
| --- | --- |
| & | Hop right to right side |

|  |  |
| --- | --- |
| 37 | Touch left toe across in front of right at 45 degree angle with leg straight |

|  |  |
| --- | --- |
| 38 | Hold for 1 beat of music |

|  |  |
| --- | --- |
| & | Hop left to left side |

|  |  |
| --- | --- |
| 39 | Touch right toe across in front of left at 45 degree angle with leg straight |

|  |  |
| --- | --- |
| 40 | Hold for 1 beat of music |