

Friday Fling

Count: 32

Wall: 4

Level: Beginner

Choreographer: Kathryn Rowlands (WLS) - October 2017

Music: Dance Above the Rainbow - Ronan Hardiman : (CD: Feet of Flames, recommended)



(Intro: 16 counts)

Alternate track: Gaffo's Girl, Sharon Shannon

(No proper intro, but allow 16 counts before starting the dance)

[1-8] Stomp, Kick, Triple Step x2

- 1-2 R stomp, kick forward
- 3&4 R-L-R triple step in place
- 5-6 L stomp, kick forward
- 7&8 L-R-L triple step in place

[9-16] Grapevine & Cross, Rock & Cross, clap x2

- 1,2,3,4 R step to right side, L cross behind, R step to right side, L cross over R
- 5.6.7&8 R rock to right side, recover onto L, R cross over L, [pause]clap x2

[17-24] Grapevine, Cross, Rock & Cross clap x2

- 1,2,3,4 L step to left side, R cross behind, L step to left side, R cross over L
- 5,6,7&8 L rock to left side, recover onto R, L cross over R [pause]clap x2

[25-32] Rocking Chair, Pivot Step, Stomp, Kick [clap x2]

- 1-2 R rock forward, recover onto L
- 3-4 R rock back, recover onto L
- 5-6 R step forward, pivot turn ¼ onto L
- 7-8 R stomp, kick forward [clap x2 on the kick]

Begin again.

Choreographed for my Friday beginners, who are now starting to 'find their feet' with more confidence.