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
$3 \quad$ Cross right in front of left
4
\& Step to right side on ball of right foot
$5 \quad$ Cross left in front of right
$6 \quad$ Step down on right
\& Step to left side on ball of left foot
$7 \quad$ 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

$9 \quad$ 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 $1 / 4$ turn left (1 lift \& drop per $1 / 2$ count)
After first 4 walls replace \&15\&16 with
15-16 Lift heels twice making $1 / 4$ turn left
SIDE \& SIDE \& TOUCH, BALL CROSS (TWICE)

17
\&
18
\&
19
\&
20
21
\&
22
23
\&
24

Touch right to right side
Step right foot in place
Touch left to left side
Step left in place
Touch right heel forward
Step down on right
Cross left over right
Touch right heel forward
Step down on right
Cross left over right
Touch right heel forward
Step down on right
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
34
35
36
37
38
39
40

Step right to right side
Touch left, click right fingers
Step left to left side
Touch right, click left fingers
Step right to right side
Touch left, click right fingers
Step left to left side
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
\&
27
\&
28
\&

## SYNCOPATED STEP TOUCHES

\& Hop right to right side

Touch left toe across in front of right at 45 degree angle with leg straight Hold for 1 beat of music
Hop left to left side
Touch right toe across in front of left at 45 degree angle with leg straight Hold for 1 beat of music
Hop right to right side
Touch left toe across in front of right at 45 degree angle with leg straight Hold for 1 beat of music
Hop left to left side
Touch right toe across in front of left at 45 degree angle with leg straight Hold for 1 beat of music

