

# Friday Fling

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner



**Chorégraphe:** Kathryn Rowlands (WLS) - October 2017

**Musique:** 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.**