Halifax Jig

拍数: 64 **墙数:** 4 **级数:** Intermediate - Celtic
编舞者: Gerard Murphy (CAN) - January 2016
音乐: Light Jigs - Stephen Walker : (Album: Feisworld - Irish Dance Music: Vol. 2)

Music Available on iTunes. 2:53 mins.

1&2&	Touch R heel forward, step R in place, touch L heel forward, step L in place
3&4	Touch R toes back, step R in place, hook L heel to R shin
5,6,7,8	Step L forward, scuff R next to L, step R forward, scuff L next to R
1&2&3&4	Cross shuffle to R: cross step L over R, traveling to R and end with wt. on L
5,6	Step R to R making ¼ turn L, step back onto L
7&8	Rock back onto R, recover onto L, step forward onto R
1,2	Cross step L over R, step back onto R
&3,4	Make ¼ turn L and step L forward, step forward onto R, step forward onto L
5,6	Sweep R counter-clockwise to step forward onto R
7,8	Sweep clockwise to step forward onto L
1,2&3,4	Step R to R, touch L next to R, step L in place, cross step R over L, step L to L
5,6,7,8	Touch R toes back, pivot ½ turn R shifting wt. to R, step L forward, snap fingers of both hands in air at shoulder height in front
1&2	Step R to R, cross rock L over R, recover onto R
3&4	Step L to L, cross rock R over L, recover onto L
5&6&7&8	Step R to R, cross rock L over R, recover onto R, rock L to L, recover onto R, cross rock L over R, recover onto R
1&2	Step L to L, cross rock R over L, recover onto L
3&4	Step R to R, cross rock L over R, recover onto R
5&6&7&8	Step L to L, cross rock R over L, recover onto L, rock R to R, recover onto L, cross rock R over L, recover onto L
1,2,3,4	Step a long step R onto R heels, step L next to R, step a long step R onto R heels, step L next to R
5&6&7&8	Paddle ¾ turn R (a series of ball changes with the weight staying over the R)
1&2	Rock L to L, recover on R, cross step L over R
3&4	Rock R to R, recover on L, cross step R over L
5,6	Step L to L, touch R heel next to L
7&a8	Step in place: R, L, R, L (bending knees slightly)

Start over!

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