

# The Irish In Me

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner / Improver  
编舞者: Kathryn Rowlands (WLS) - March 2017  
音乐: Gaffos Ball - Sharon Shannon (feat. Steve Earle) : (CD: The Galway Girl)



[instrumental: count 16 from beginning]

Alt music: Warriors, CD Lord of the Dance [16-ct intro from the beat]

Dance progresses in a counter-clockwise direction

## [1-8] Rock Step, Coaster, Rock, Step, Heel Splits

- 1-2      Rock forward on right foot, recover onto left
- 3&4      Step right foot back, step left foot back beside right, step right foot forward
- 5-6      Rock forward on left foot, recover onto right
- 7&8      Step back on left foot, swivel heels out-in (right foot will be slightly forward) [12:00]

## [9-16] Grapevine, Cross, Coaster, Heel Dig x2

- 1-4      Step right to right side, cross left behind right, right to right side, cross left foot in front of right
- 5&6      Step right foot back, step left foot back beside right, step right foot forward
- 7-8      Dig left heel to left diagonal x2 (hitch left knee between digs for more style) [12:00]

## [17-24] Grapevine, Cross, Coaster, Pivot Turn

- 1-4      Step left to left side, cross right behind right, left to left side, cross right foot in front of left
- 5&6      Step left foot back, step right foot back beside left, step left foot forward
- 7-8      Step right foot forward, pivot  $\frac{1}{4}$  turn left on balls of both feet (weight on left foot) [9:00]

## [25-32] Rocking Chair, Coaster, Step, Heel Splits

- 1-4      Rock right foot forward, recover back onto left, rock right foot back, recover forward onto left
- 5&6      Step right foot forward, step left foot forward beside right, step right foot back
- 7&8      Step back on left foot, swivel heels out-in [9:00]

Begin again

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