Paddy's Fling

拍数: 32

级数: Improver

编舞者: Steve Rutter (UK) - March 2021

音乐: Gaelic Fling - Andy Lock : (Album: Essential Irish Dancing Music Compilation)

4 Count Intro' - 2 Secs Note: Choreographed To Mark St Patrick's Day 2021 □	
Section 1 - Walk Forward, Step Apart, Step Back, Coaster Cross, Weave.	
1-2	Step forward on Right, step forward on left.
&3	Step right forward and out to right side, step left forward and out to left side.
4	step back on right.
5&6	Step back on left, step right beside left, cross left over right.
&7	Step right to right side, Cross left behind right.
&8	Step right to right side, Cross left over right. (12 O'Clock)
Section 2 - Side Rock, Sailor ½ Turn Right, Scuff, Hook, Heel Switches, Toe Touch.	
1-2	Rock right to right side, recover weight onto left.
3&4	Cross right behind left, make a half turn right taking weight onto left, replace weight onto right.
5&6	Scuff left forward, hook left in front of right shin, touch left heel forward.
&7	Step down on left, touch right heel forward.
&8	Step down on right, touch left toe to left side. (6 O'Clock)
 Section 3 - Modified Sailor ¼ Turn Left into Heel Switches, Toe Touch, Weave, Side Rock. 1&2 Cross left behind right, make a quarter turn left taking weight onto right, touch left heel forward. 	
&3	Step down on left, touch right heel forward.
&3 &4	Step down on right, touch left toe to left side.
84 5&6	Cross left behind right, step right to right side.
7-8	Rock right to right side, recover weight onto left. (3 O'Clock)
7-0	Nock light to light side, recover weight onto left. (3 O Clock)
Section 4 - Weave, Hinge ½ Turn Right, Close, Side Rock, Close, Heel Split.	
1&2	Cross right behind left, step left to left side, Cross right over left.
3-4	Make a quarter turn right stepping back on left, make a quarter turn right stepping right to right side.
&	Close left beside right.
5-6	Rock right to right side, recover on left.
7	Step right just slightly forward of left (so that right heel is next to left toe).
&8	Split heels apart, close heels together.(9 O'Clock)
Begin Again & Enjoy!	

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