Paddy's Fling



編舞者: Steve Rutter (UK) - March 2021

音樂: 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 1/4 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.

Step down on left, touch right heel forward.Step down on right, touch left toe to left side.

5&6 Cross left behind right, step right to right side, Cross left over right.

7-8 Rock right to right 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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