

# The Irish In Me

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**Count:** 32      **Wall:** 4      **Level:** Beginner / Improver

**Choreographer:** Kathryn Rowlands , Anglesey, Wales - March 2017

**Music:** Gaffos Girl - Sharon Shannon ft. 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**