

# MIGRA

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**Count:** 64

**Wall:** 2

**Level:** intermediate

**Choreographer:** Bryan McWherter

**Music:** Unknown

## **KICK, STEP, KICK, STEP, LONG SLIDE, LOCK**

- 1& Kick right foot forward, step right foot back home  
2& Kick left foot forward, step left foot back home  
3-4 Long step right forward, lock your left foot behind your right

## **TOUCH & TOUCH, & TOUCH, CLAP, CLAP**

- 5& Touch right toe out to right side, step right foot back home,  
6& Touch left toe out to left side, step left foot back home  
7&8 Touch right toe out to right side, clap, clap

**Be sure to hold your toe out to the side when you clap.**

## **KICK, STEP, KICK, STEP, LONG SLIDE, LOCK**

- 1& Kick right foot forward, step right foot back home  
2& Kick left foot forward, step left foot back home  
3-4 Long step right forward, lock your left foot behind your right

## **TOUCH & TOUCH, & TOUCH, CLAP, CLAP**

- 5& Touch right toe out to right side, step right foot back home,  
6& Touch left toe out to left side, step left foot back home  
7&8 Touch right toe out to right side, clap, clap

**Be sure to hold your toe out to the side when you clap.**

## **STEP, CROSS BEHIND, STEP, CROSS IN-FRONT, STEP, CROSS BEHIND, STEP**

- 1-2 Step right foot to right side, cross left foot behind right  
&3 Step right foot to right side, cross left foot in-front of right  
&4& Step right foot to right side, cross left foot behind right, step right foot to right side

**Over emphasize these steps, make it look & feel like an Irish jig**

### **STEP, CROSS BEHIND, STEP, CROSS IN-FRONT, STEP, CROSS BEHIND, ¼ TURN STEP**

- 5-6 Step left foot to left side, cross right foot behind left
- &7 Step left foot to left side, cross right foot in-front of left
- &8& Step left foot to left side, cross right foot behind left, step left foot ¼ turn to left side

**Over emphasize these steps, make it look & feel like an Irish jig.**

### **STEP ½ TURN, STEP ¼ TURN, TUNING JAZZ BOX, HOP, HOP**

- 1-2 Step right foot forward, make ½ turn to your left pivoting on the ball of your left foot
- 3-4 Step right foot forward, make a ¼ turn to your left pivoting on the ball of your left foot
- 5-7 Cross right foot over left, step left foot back ¼ turn to the right, step right foot next to left
- &8 With both feet together hop twice progressing forward slightly.

### **STEP, CROSS BEHIND, STEP, CROSS IN-FRONT, STEP, CROSS BEHIND, STEP, STEP, BUMP, BUMP, CLAP, CLAP**

- 1-2 Step right foot to right side, cross left foot behind right
- &3 Step right foot to right side, cross left foot in-front of right
- &4 Step right foot to right side, cross left foot behind right
- &5 Step right foot to right side, step left foot forward slightly at an angle outward

**Over emphasize these steps, make it look & feel like an Irish jig**

- 6-7 Bump left hip forward, bump right hip back
- &8 Clap hands, clap hands

### **STEP, CROSS BEHIND, STEP, CROSS IN-FRONT, STEP, CROSS BEHIND, STEP, STEP, BUMP, BUMP, CLAP, CLAP**

- 1-2 Step left foot to left side, cross right foot behind left
- &3 Step left foot to left side, cross right foot in-front of left
- &4 Step left foot to left side, cross right foot behind left
- &5 Step left foot to left side, step right foot forward slightly at an angle outward

**Over emphasize these steps, make it look & feel like an Irish jig**

- 6-7 Bump right hip forward, bump left hip back
- &8 Clap hands, clap hands

## **KICK, STEP, KICK, STEP, STEP ½ TURN, KICK, STEP, KICK, STEP, STEP ½ TURN**

- 1&** Kick right foot forward, step right foot back home
- 2&** Kick left foot forward, step left foot back home
- 3-4** Step right foot forward, make ½ turn to left pivoting on ball of left foot
- 5&** Kick right foot forward, step right foot back home
- 6&** Kick left foot forward, step left foot back home
- 7-8** Step right foot forward, make ½ turn to left pivoting on ball of left foot

## **TURNING JAZZ BOX, TURNING JAZZ BOX, HOP, HOP**

- 1-4** Cross right foot over left, step left foot back ¼ turn to the right, step right foot next to left, step left foot next to right
- 5-7** Cross right foot over left, step left foot back, step right foot next to left
- &8** With both feet together hop twice progressing forward slightly.

## **REPEAT**