

MY CAVAN GIRL

LINEDANCE.COM

Count: 32

Wall: 2

Level: intermediate/advanced

Choreographer: John Wilson

Music: My Cavan Girl by Dominic Kirwan

TOUCH SWEEP STEP, SWEEP BEHIND SIDE CROSS, SWAY SWAY, SWEEP BEHIND SIDE CROSS

- 1&2** Touch right toe to front, sweep right leg behind left, step right foot behind left
- &3&4** Sweep left leg behind right, step left foot behind right, step right foot to side, cross left foot across right
- 5-6** Sway hips to the right, sway hips to the left
- &7&8** Sweep right leg behind left, step right foot behind left, step left foot to side, cross right foot over left

ROCK AND CROSS, $\frac{3}{4}$ TURN LEFT, BACK AND CROSS TWICE

- 1&2** Rock left foot to side, recover weight on right, cross left foot over right
- 3&4** Make $\frac{3}{4}$ turn left stepping right left right
- 5&6** Step back on left, step back on right, cross left foot over right
- 7&8** Step back on right, step back on left, cross right foot over left

FORWARD AND BACK, BACK AND FORWARD, PIVOT $\frac{1}{2}$ TURN, STEP STEP LOCK STEP

- 1&2** Rock forward on left, recover weight on right, step back on left
- 3&4** Rock back on right, recover weight on left, step forward on right
- 5&6** Step forward on left, on ball of feet pivot $\frac{1}{2}$ turn right, step forward on left
- 7&8** Step right forward, lock left foot behind right, step forward on right

LEFT ROCK $\frac{1}{4}$ TURN, CROSS, HINGE $\frac{1}{2}$ TURN, STEP, ROCK $\frac{1}{2}$ TURN, $\frac{1}{2}$ TURN, TOE, CURTSEY

- 1&2** Rock out on left making $\frac{1}{4}$ turn right, recover weight on right, cross left over right
- 3&4** Step out on right making a hinge $\frac{1}{2}$ turn left, step left beside right, step forward on right
- 5&6** Rock back on left, recover weight on right. Step forward on left making a $\frac{1}{2}$ turn right
- 7&8** Step back on right foot making a $\frac{1}{2}$ turn right, step forward on left, touch right toe behind left as you bend knees and curtsey

REPEAT

TAG

Danced at the end of walls 2 and 4

½ TURN PIVOT STEP TWICE, STEP DRAG, STEP TOUCH CURTSEY

1&2 Step forward on right, ½ turn left pivot, step forward on right

3&4 Step forward on left, ½ turn right pivot, step forward on left

5-6 Step right foot out long to side, drag left toe beside right

7-8 Step left foot out long to side, touch right toe behind left as you bend knees and curtsey

Dedicated to Parkinsons research. Dancers are invited to make a donation to research at 215 Vauxhall Bridge Road, London, Swiv 1EJ. Cheques payable to Parkinsons Disease Society (Research). Or make a donation to your nearest local Parkinsons support group.