

# In An Irish Heartbeat

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

**Choreographer:** Steve & Denise Bisson (Phoenix LDC, Northern Cyprus – May 2013)

**Music:** I'll Tell Me Ma by Van Morrison & The Chieftains; CD: Irish Heartbeat (111bpm)

**Intro: 8 counts after the opening drum beats (9 seconds from the beginning of the track) - 32 counts before the vocals!**

**One easy Restart on Wall 4**

**TOE POINT, BALL CROSS X 2, ROCK RIGHT, RECOVER, BEHIND SIDE CROSS**

- 1&2**            Touch right toe to right side, step right slightly back beside left, cross left over right
- 3&4**            Touch right toe to right side, step right slightly back beside left, cross left over right
- 5-6**            Rock right to right side, recover weight on left
- 7&8**            Step right behind left, step left to left side, cross right over left

**TOE POINT, BALL CROSS X 2, ROCK LEFT, RECOVER, BEHIND ¼ TURN RIGHT, STEP**

- 1&2**            Touch left toe to left side, step left slightly back beside right, cross right over left
- 3&4**            Touch left toe to left side, step left slightly back beside right, cross right over left
- 5-6**            Rock left to left side, recover weight on right
- 7&8**            Step left behind right, step right forward making ¼ turn right, step left forward [3:00]

**HEEL SWITCHES, WALK, WALK, HEEL & TOE & HEEL & STEP**

- 1&2**            Touch right heel forward, step right beside left, touch left heel forward
- &3-4**           Step left beside right, walk forward right, walk forward left

**\*Restart here on wall 4 when dancing to "I'll Tell Me Ma" by Van Morrison & The Chieftains [facing 12:00]**

- 5&6**            Touch right heel forward, step right beside left, touch left toe beside right
- &7&8**           Step left beside right, touch right heel forward, step right beside left, step left forward

**ROCK FORWARD, RECOVER, SHUFFLE ½ TURN X 2 (TRAVELLING BACK), ROCK BACK, RECOVER**

- 1-2**            Rock right forward, recover weight on left
- 3&4**            Shuffle ½ turn right – stepping right, left, right – travelling back [9:00]

**5&6** Shuffle ½ turn right - stepping right, left, right - travelling back [3:00]

**7-8** Rock back right, recover weight on left

**REPEAT**

**RESTART**

**On wall 4; restart the dance after count 20 - following the heel switches & walk, walk**

**Contact: Steve & Denise by email on [steveanddenise@gmail.com](mailto:steveanddenise@gmail.com)**

**Website: <http://phoenixldc.wordpress.com>**

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