

Nancy Mulligan Irish Contra

LINEDANCE.COM

Count: 16

Wall: 2

Level: Beginner / Improver - Contra

Choreographer: Helaine Norman - March 2017

Music: Nancy Mulligan - Ed Sheeran [Divide Deluxe]

Tags: 2 - Danced once after wall 1 (8 counts) and twice after wall 4 (16 counts)

Optional Tags for beginners and improvers; could be done as split floor.

I. Heel Toe Shuffle, Heel Toe Shuffle

- 1-2** Touch R heel forward, touch R toe together
3&4 Shuffle forward R-L-R forward
5-6 Touch L heel forward, touch L toe together
7&8 Shuffle forward L-R-L forward

(The two lines of dancers will have formed one line with every other dancer facing opposite directions.)

II. 1/4 Turn Shuffle, 1/4 Turn Shuffle, Side Toe Switches, Hook

- 1&2** Shuffle R-L-R forward making 1/4 turn left (passing dancer on the right)
3&4 Shuffle L-R-L forward making 1/4 turn right (the two lines of dancers now facing one another)
5&6 Point (or touch) R side, step R together, point (or touch) L side
&7-8 Step L together, point (or touch) R side, hook R across

Optional 1&2 and 3&4: Clasp hands with arms held high with dancer on right as you both make two 1/4 shuffle turns to the right (RLR, LRL) ending up facing one another on opposite sides.**Music:**

Begin again.

Tag (Beginner):

- 1-2** Touch heel R side, step R side
3-4 Step L across, step R side
5-6 Touch heel L side, step L side
7-8 Step R across, step L side

Tag (Improver/low Intermediate):

Kick Step Heel; Step, Crossing Triple (X2)

1&2 Kick R forward diagonally (1:00), step R together, touch L heel diagonally (11:00)

&3&4 Step L together, crossing triple R-L-R

5&6 Kick L forward diagonally (11:00), step L together, touch R heel diagonally (1:00)

&7&8 Step R together, crossing triple L-R-L

Contact: helaine43@gmail.com

Last Update - 27th Sept. 2017