

# LORD OF THE DANCE

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**Count:** 40

**Wall:** 4

**Level:** intermediate

**Choreographer:** Charles R. S Bowring

**Music:** Lord Of The Dance by Ronan Hardiman

**This dance is designed to fit to The Lord of The Dance, Track 17 On The Lord of the Dance CD, and speeds up to a fun speed after the first 4 walls.**

## MODIFIED SAILOR STEPS

- & Step to right side on ball of right foot
- 1 Cross left in front of right
- 2 Step down on right
- & Step to left side on ball of left foot
- 3 Cross right in front of left
- 4 Step down on left
- & Step to right side on ball of right foot
- 5 Cross left in front of right
- 6 Step down on right
- & Step to left side on ball of left foot
- 7 Cross right in front of left
- & Step left to left side
- 8 Step right to right side (end with feet at shoulder width)

## LEFT KICK, CROSS, BACK & BACK & SCUFF STEP, HEEL DROPS

- 9 Kick left forward
- 10 Cross left in front of right
- & Step back on right
- 11 Lock left over right
- & Step back on right
- 12 Loosely lock left over right
- 13 Scuff right foot forward

14 Stamp right foot forward

&15&16 Lift & drop heels four times, making  $\frac{1}{4}$  turn left (1 lift & drop per  $\frac{1}{2}$  count)

**After first 4 walls replace &15&16 with**

15-16 Lift heels twice making  $\frac{1}{4}$  turn left

### **SIDE & SIDE & TOUCH, BALL CROSS (TWICE)**

17 Touch right to right side

& Step right foot in place

18 Touch left to left side

& Step left in place

19 Touch right heel forward

& Step down on right

20 Cross left over right

21 Touch right heel forward

& Step down on right

22 Cross left over right

23 Touch right heel forward

& Step down on right

24 Cross left over right

### **WALK FORWARD & BACKWARDS, STEP IN PLACE**

25-28 Walk forward right, left, right, left

29-31 Walk backwards right, left, right

32 Step left in place next to right

### **SIDE TOUCHES**

33 Step right to right side

34 Touch left, click right fingers

35 Step left to left side

36 Touch right, click left fingers

37 Step right to right side

- 38 Touch left, click right fingers
- 39 Step left to left side
- 40 Touch right, click left fingers

## **REPEAT**

**Change 25-40 to the following after the first 4 walls**

## **RUNNING MAN FORWARD AND RUNNING MAN BACKWARDS**

- & Slide left foot backwards while lifting right
- 25 Step down on right foot
- & Slide right foot backwards while lifting left
- 26 Step down on left foot
- & Slide left foot backwards while lifting right
- 27 Step down on right foot
- & Slide right foot backwards while lifting left
- 28 Step down on left foot
- & Slide left foot forward, while lifting right
- 29 Step down on right foot
- & Slide right foot forward, while lifting left
- 30 Step down on left foot
- & Slide left foot forward, while lifting right
- 31 Step down on right foot
- & Slide right foot forward, while lifting left
- 32 Step down on left foot

## **SYNCPATED STEP TOUCHES**

- & Hop right to right side
- 33 Touch left toe across in front of right at 45 degree angle with leg straight
- 34 Hold for 1 beat of music
- & Hop left to left side
- 35 Touch right toe across in front of left at 45 degree angle with leg straight

- 36** Hold for 1 beat of music
- &** Hop right to right side
- 37** Touch left toe across in front of right at 45 degree angle with leg straight
- 38** Hold for 1 beat of music
- &** Hop left to left side
- 39** Touch right toe across in front of left at 45 degree angle with leg straight
- 40** Hold for 1 beat of music

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=28945](https://www.linedance.com/index.php?f=dance_view&id=28945)