

Irish To The Core

Choreographer: Chrystel Durand

Count: 48

Wall: 2

Level: Phrased Improver

Intro: 16 + 3 counts

Music: "Irish to the Core" by Sean Wilson & Tony Mac



www.country-stafke.be

Sequence: A-A-A-B-TAG-A-A-A-A (only the first 4 counts) B (easy !)

PART A: 32 counts

A[1-8] SIDE ROCK CROSS RIGHT & LEFT, STEP LOCK STEP, STEP FORWARD, 1/4 TURN RIGHT, CROSS

- 1&2 Step right on right side, recover on left, cross right over left
- 3&4 Step left on left side, recover on right, cross left over right
- 5&6 Step right forward, lock left behind right, step right forward
- 7&8 Step left forward, 1/4 turn right (weight on right), cross left over right - 3.00

A[9-16] KICK, TOUCH, KICK, TOUCH, KICK BALL CHANGE, JAZZ BOX 1/4 TURN RIGHT

- 1&2& Kick right forward, touch right next to left, kick right forward, touch right next to left
- 3&4 Kick right forward, ball right next to left, right in place
- 5-8 Cross right over left, step left back, 1/4 turn right and step right on right, left step fwd - 6.00

A[17-24] STEP LOCK STEP FORWARD RIGHT & LEFT, (HEEL DIAGONALLY FWD, STEP BACK) X 4

- 1&2 Step right forward, lock left behind right, step right forward
- 3&4 Step left forward, lock right behind left, step left forward
- 5& Touch right heel diagonally right forward, step right backward
- 6& Touch left heel diagonally left forward, step left backward
- 7& Touch right heel diagonally right forward, step right backward
- 8& Touch left heel diagonally left forward, step left backward

A[25-32] TRIPLE FORWARD, STEP FWD, 1/2 TURN, STEP FWD, TRIPLE FORWARD, STEP FWD, 1/2 TURN, STEP FWD

- 1&2 Chassé forward (RLR)
- 3&4 Left step forward, 1/2 turn right (weight on right), step left forward
- 5&6 Chassé forward (RLR)
- 7&8 Left step forward, 1/2 turn right (weight on right), step left forward

PART B : 16 counts

B[1-8] WEAVE, CROSS ROCK SIDE, EXTENDED CROSS SHUFFLE

- 1&2& Cross right over left, step left on left side, cross right behind left, step left on left side
- 3&4 Cross right over left, recover on left, step right on right side
- 5&6& Cross left over right, step right on right side, Cross left over right, step right on right side
- 7&8 Cross left over right, step right on right side, Cross left over right

B[9-16] REPEAT 1-8

TAG (3 counts) : at the end of part B, (left is crossed over right) make 3 bounces and restart the dance

&1&2&3 lift and lower both heels 3 x/