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Gaelic Storm

64 count, 4 wall, beginner/intermediate level
Choreographer: Gail Wilson (Scotland) 2001
Choreographed to: The Farmer's Frolic by Gaelic Storm; How About You by Patty Loveless, Only What I Feel)

Non phrased alternative:- How about you (168 bpm)...Patty Loveless ('Only What I Feel')
(dance to alternative starts-after long intro-after Patty sings '...How about you')

2x Scuff Up & Step Bwd-Syncopated Bwd Step-Lock-Step

1& 2 Scuff right foot forward and up & lift left heel, drop left heel, step backward onto right
3& 4 Step backward onto left foot, lock right foot across left, step backward onto left foot.
5& 6 Scuff right foot forward and up & lift left heel, drop left heel, step backward onto right
7& 8 Step backward onto left foot, lock right foot across left, step backward onto left foot.

Style note: The forward and up scuffs are done in a (forward) circular motion.

6x Syncopated Fwd Step-Lock-Step

9& Step forward onto right foot, lock left foot behind right.
10& Step forward onto right foot, lock left foot behind right.
11& Step forward onto right foot, lock left foot behind right.
12 Step forward onto right foot.
13& Step forward onto left foot, lock right foot behind left.
14& Step forward onto left foot, lock right foot behind left.
15& Step forward onto left foot, lock right foot behind left.
16 Step forward onto left foot.

Side Step with Expression. Clap Hands. 3x 1/2 Turns with Expression-Clap Hands.

17 - 18 Step right foot to right side (hand slapping tops of thighs). Clap hands (chest height).
19 - 20 Turn 1/2 right & step left foot to left side (hand slapping tops of thighs). Clap hands (chest height).
21 - 22 Turn 1/2 left & step right foot to right side (hand slapping tops of thighs). Clap hands (chest height).
23 - 24 Turn 1/2 right & step left foot to left side (hand slapping tops of thighs). Clap hands (chest height).

Rolling Full Turn Right Chasse Right. Rock Bwd-Fwd. Kick Ballchange

25 - 26 Step right foot to right side & turn 1/2 right. Step left foot to left side & turn 1/2 right
27& 28 Step right foot to right side, step left foot next to right, step right foot to right side.
29 - 30 Rock backward onto left foot. Rock forward right foot.
31& 32 Kick left foot forward, step left foot next to right, step right foot in place

Side Step with Expression. Clap Hands. 3x 1/2 Turns with Expression-Clap Hands.

33 - 34 Step left foot to left side (hand slapping tops of thighs). Clap hands (chest height).
35 - 36 Turn 1/2 left & step right foot to right side (hand slapping tops of thighs). Clap hands (chest height).
37 - 38 Turn 1/2 right & step left foot to left side (hand slapping tops of thighs). Clap hands (chest height).
39 - 40 Turn 1/2 left & step right foot to right side (hand slapping tops of thighs). Clap hands (chest height).

Rolling Full Turn left Chasse left. Rock Bwd-Fwd. Kick Ballchange

41 - 42 Step left foot to left side & turn 1/2 left. Step right foot to right side & turn 1/2 left
43& 44 Step left foot to left side, step left foot next to left, step left foot to left side.
45 - 46 Rock backward onto right foot. Rock forward left foot.
47& 48 Kick right foot forward, step right foot next to left, step left foot in place

Rock Fwd-Back. 3/4 Triple Step. Rock Fwd-Bwd. Coaster Step

49 - 50 Rock forward onto right foot. Rock backward onto left foot.
51& 52 (on the spot) Triple step 3/4 right stepping Right. Left-Right.
53 - 54 Rock forward onto left foot. Rock backward on right foot.
55& 56 Step backward onto left foot, step right foot next to left, step forward onto left foot.

Fwd Full Turn Right. Shuffle Fwd. Rock Fwd-Bwd. Coaster Step.

57 - 58 Step forward onto right & turn 1/2 right. Step backward onto left foot & turn 1/2 right

59& 60 Step forward onto right foot, close left foot next to right, step forward onto right foot.

61 - 62 Rock forward onto left foot. Rock backward onto right foot.

63& 64 Step backward onto left foot, step right foot next to left, step forward onto left foot.

MUSICAL PHRASING BRIDGE: Only when dancing to 'The Farmer's Frolic' by Gaelic Storm

On the fourth repetition (9:00 wall) replace the second section (counts 9-16) with the first section. In other words repeat the 1st section then go onto the 3rd section (starting at count 17) and continue the dance.

DANCE FINISH: 'Farmer's Frolic' - after count 32 on 6th wall do the following -

1& 2 (on the spot) Triple step one full turn and a 1/4 left stepping Left. Right-Left.

'How About You' - after count 26 on 6th wall do the following -

1 - 2 Step right foot to right side & turn 1/2 right. (with left foot stepped to side) Stomp right foot next to left.