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## In An Irish Heartbeat

32 Count, 4 Wall, Improver

Choreographer: Steve & Denise Bisson (Northern Cyprus)  
May 2013

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

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

### **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

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

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