

My Cavan Girl

32 count, 2 wall, intermediate level

Choreographer: John Wilson (N. Ireland) April 2005
Choreographed to: My Cavan Girl By Dominic Kirwin,

Album: Echoes Of Ireland/Irish Favourites

Touch sweep step, sweep behind side cross, sway sway, sweep behind side cross.

- 1 & 2 Touch right toe to front, sweep right leg behind left, step right foot behind left.
&3&4 Sweep left leg behind right, step left foot behind right, step right foot to side, cross left foot across right.
5 6 Sway hips to the right, sway hips to the left.
&7&8 Sweep right leg behind left, step right foot behind left, step Left foot to side, cross right foot over left

Rock and cross ,3/4 turn left ,back and cross x 2.

- 1 & 2 Rock left foot to side, recover weight on right, cross left foot over right.
3 & 4 Make $\frac{3}{4}$ turn left stepping right left right.
5 & 6 Step back on left, step back on right , cross left foot over right
7 & 8 Step back on right, step back on left, cross right foot over left.

Forward and back , back and forward, pivot $\frac{1}{2}$ turn, step, Step lock step.

- 1 & 2 Rock forward on left, recover weight on right, step back on left
3 & 4 Rock back on right, recover weight on left, step forward on right
5 & 6 Step forward on left, on ball of feet pivot $\frac{1}{2}$ turn right, step forward on left.
7 & 8 Step right forward, lock left foot behind right, step forward on right

Left rock $\frac{1}{4}$ turn, cross, hinge $\frac{1}{2}$ turn, step, rock $\frac{1}{2}$ turn, $\frac{1}{2}$ Turn ,toe, curtsey.

- 1 & 2 Rock out on left making $\frac{1}{4}$ turn right, recover weight on right, cross left over right.
3 & 4 Step out on right making a hinge $\frac{1}{2}$ turn left, step left beside right, step forward on right.
5 & 6 Rock back on left, recover weight on right. Step forward on left making a $\frac{1}{2}$ turn right.
7 & 8 Step back on right foot making $\frac{1}{2}$ turn right, step forward on left, touch right toe behind left as you bend knees and curtsey.

Tag Danced after second wall is completed.

$\frac{1}{2}$ turn pivot step x 2 , step drag, step touch curtsey.

- 1 & 2 step forward on right, $\frac{1}{2}$ turn left pivot, step forward on right.
3 & 4 step forward on left, $\frac{1}{2}$ turn right pivot, step forward on left.
5 6 step right foot out long to side, drag left toe beside right
7 8 step left foot out long to side, touch right toe behind left as you bend knees and curtsey.

Finish At end of fourth wall finish dance with tag.

This dance needs to be executed with gliding movements don't rush the music ..
