

Irish changing

Conti 32 Pareti 0 Livello base (Partner dance)

Music: "The Belle of Belfast city" by Sham Rock

Position:

Sweetheart, man ILOD. Keep hands held (right with right, left with left) until step 29

From La Chapelloise (French folk dance).

1-2-3 Walk forward right, left, right

4 Walk left and lift arms, start turning inwards: man ½ right, lady ½ left

& End turn

Arms are crossed in front

5-6-7-8 Walk backward right, left, right, left

9-10-11 Walk forward right, left, right

12 Walk left and start turning

& Holding hands, lift arms over the head turning: man ½ left, lady ½ right

Back in Sweetheart Position

13-14-15-16 Walk backward right, left, right, left

Holding hands, lift arms over the head then crossed in front

17-18 Side step right, stomp left up

19-20 Side step left, stomp right up

21-22-23-24

Passing under lifted arms, lady goes inside and man goes outside walking right left
right left

25-26 Step right towards partner, stomp left up

27-28 Step left backward, stomp right up

Release hands and join lady's right hand and man's left hand

29-30-31-32

Lady passing under man's right arm goes outside changing partner, man goes inside
towards next lady, stepping right left right left

REPEAT