

# LOVELY LOUGH CONN

2019 年 7 月推薦曲

Choreographer: Susan Healea

Music : "Lovely Lough Conn" by Isla Grant ALBUM: The Best of Country & Irish

Download from Amazon

Time: 3'17"

Speed: 104%

Rhythm: WALTZ

Phase: II+1

SEQUENCE : INTRO-A-A-B-C-A-B-ENDING

## INTRO

1- 4 OP-FCG/Wall WAIT 2 MEAS;; APT PT; TOG BFLY TCH;

### PART A

1- 4 WALTZ AWAY & TOG;; (BFLY)BAL L & R;;

5- 8 WALTZ AWAY; BOTH ROLL ACROSS to LOP/LOD; THRU TWINKLE; THRU FC CL (CP/COH);

9-12 FWD TCH; BK 1/2 BOX; L TRNG BOX 1/2;;

13-16 SWAY L & R;; TWIRL VINE; THRU FC CL to BFLY;

### PART A

1- 4 WALTZ AWAY & TOG;; (BFLY)BAL L & R;;

5- 8 WALTZ AWAY; BOTH ROLL ACROSS to LOP/LOD; THRU TWINKLE; THRU FC CL (CP/COH);

9-12 FWD TCH; BK 1/2 BOX; L TRNG BOX 1/2;;

13-16 SWAY L & R;; TWIRL VINE; PKUP to CP/LOD;

### PART B

1- 4 L TRNG BOX to SCAR/DLW;;;

5- 8 PROG TWINKLE 3 TIMES;;; MANUV;

9-12 2 R TRNS CP/LOD;; PROG BOX;;

13-16 2 L TRNS to CP/Wall;; CANTER TWICE;;

### PART C

1- 4 LACE AROSS; FWD WALTZ; OP BOX;;

5- 8 BK DRAW TCH; FWD WALTZ; LACE BK; FWD FC CL to BFLY/Wall;

### PART A

1- 4 WALTZ AWAY & TOG;; (BFLY)BAL L & R;;

5- 8 WALTZ AWAY; BOTH ROLL ACROSS to LOP/LOD; THRU TWINKLE; THRU FC CL (CP/COH);

9-12 FWD TCH; BK 1/2 BOX; L TRNG BOX 1/2;;

13-16 SWAY L & R;; TWIRL VINE; PKUP to CP/LOD;

### PART B

1- 4 L TRNG BOX to SCAR/DLW;;;

5- 8 PROG TWINKLE 3 TIMES;;; MANUV;

9-12 2 R TRNS CP/LOD;; PROG BOX;;

13-16 2 L TRNS to CP/Wall;; CANTER TWICE;;

### ENDING

1- 4 TWIRL VINE; PKUP(CP/LOD); SWAY L & R;;

5- 8 (HOLD); L TRNG BOX 3/4;;

9 BK & SD CORTE;