

Paddy Light Foot

Choreographed by **Magali CHABRET** (France) / September, 2009 - www.galichabret.com

Description: Novice / Intermediate line dance (irish) - 32 counts - 4 wall

Music : *El Busgosu*, by **HEVIA** [CD : The other side, 2003] / 112 BPM, introduction 32 counts

Section 1 LOCK STEP RIGHT, LOCK STEP LEFT, OUT-OUT, IN-IN, LONG STEP SIDE RIGHT, SLIDE LEFT

- 1&2 Step Right forward - lock Left behind right - step Right forward
- 3&4 Step Left forward - lock Right behind left - step Left forward
- &5 Step Right to right side (OUT) - step Left to left side (OUT)
- &6 Step Right to center (IN) - step Left next to right (IN)
- 7-8 Long step Right to right side - slide Left next to right (weight on right)

Section 2 LEFT KICK BALL CROSS, HEEL TWISTS

- 1&2 Kick Left forward - step ball of Left beside right - cross Right on the left of Left foot (first position)
- 3&4 Twist both heels to the Left - twist heels to the Right (return to center) - twist heel to the Left
- 5-6 Twist heels to the Right (return to center) - twist heel to the Left
- 7&8 Twist heels to the Right (return to center) - twist heel to the Left - Twist heels to the Right (return to center)

Section 3 TOE TOUCH, SWITCH, CROSS, HEEL SPLIT, HOOK, CROSS-STOMP, TOE TOUCH, SWITCH, CROSS, HEEL SPLIT, HOOK, TOUCH FORWARD

- 1 Touch Left toe behind right
- &2 Step Left beside right (switch) - cross Right in front of left
- &3 Swivel both heels OUT - swivel both heels IN
- &4 Hook Right - stomp Right accros left
- 5 Touch Left toe behind right
- &6 Step Left beside right (switch) - cross Right in front of left
- &7 Swivel both heels OUT - swivel both heels IN
- &8 Hook Right - touch Right toe forward

Section 4 COASTER STEP, ROCK, RECOVER, SIDE ROCK, RECOVER, CROSS, UNWIND 1/2 RIGHT, STOMP TWICE

- 1&2 Step back on ball of Right - step ball of Left next to right - step Right forward (coaster step)
- 3-4 Rock Left forward - recover onto right back
- 5&6 Rock Left to left side - recover onto Right, cross Left over right
- 7&8 1/2 turn Right (unwind) weight on left - stomp Right beside left - stomp Left in place **-6:00-**

REPEAT

Original card of the choreographer - galicountry76@yahoo.fr