

Na Mara

Choreographed by: Maggie Gallagher (UK) March 2002

Email: drowsy.maggie@virgin.net **Tel:** +44 (0)7950 291350 **Web Site:** www.maggieG.co.uk

Description: 32 count, Intermediate level, 4-wall line dance

Music: "Na Mara" by The Borderers. **CD:** Inspired! 90 BPM ("Celtic Reggae" style!)

Available from: Honky Tonk Jukebox 01604 582020 www.linedance.co.uk and Redneck Records

Begin: 64 count intro (42 seconds) Weight on left, right toe pointed to right side

1-8 CROSS & BEHIND, 1/4, STEP, 1/2 PIVOT, RIGHT-LOCK-STEP, TRIPLE FULL TURN

- 1&2 Cross step right over left, Step left to side, Step right behind left
&3,4 Step left to side with a quarter turn left, Step forward on right, Pivot half turn left
5&6 Step forward on right, Lock-step left behind right, Step forward on right
7&8 *Travelling slightly forward:* Step left, right, left, to make a whole turn right

9-16 STEP, 1/4-ROCK-CROSS, SIDE, HITCH-TURN, HITCH-TURN, LEFT SAILOR STEP

- 1 Step forward on right
2&3 Turn quarter right and rock left to side, Recover weight onto right, Cross step left over right
4 Step right to side
&5 Hitch left knee and turn half left on ball of right foot, Step left to side
&6 Hitch right knee and turn half left on ball of left, Step right to side
7&8 Step left behind right, Step right to side, Step left in place

17-24 STEP-SCUFF-HITCH-STEP, SCUFF-HITCH-STEP, 1/4 STEP-SCUFF-HITCH-STEP, SCUFF-HITCH-STEP

- 1&2& Step forward on right, Scuff left forward, Hitch left, Step forward on left
3&4 Scuff right forward, Hitch right, Step forward on right
5&6& Turn quarter left and step forward on left, Scuff right, Hitch right, Step forward on right
7&8 Scuff left forward, Hitch left, Step forward on left **

Note: *For optional Irish styling, place hands on hips during the above section.*

25-32 CROSS-ROCK-1/4, STEP-TURN-SIDE, HOOK-SIDE SHUFFLE, HOOK-SIDE SHUFFLE

- 1&2 Cross rock right over left, Recover weight onto left, Turn a quarter right stepping forward on right
3&4 Step forward on left, Pivot 3/4 turn right, Step left to side (*The last 4 counts make a whole turn*)
&5&6 Hook right foot across left shin, Step right to side, Step left together, Step right to side
&7&8 Hook left foot across right shin, Step left to side, Step right together, Step left to side

Begin again.

**** Restart on wall 4.**

Note: When you dance the fourth wall, you will only dance up until count 24. At this point you are facing the front wall and you re-start the dance from count one with the weave.

Optional ending:

The dance ends with the music on count 16.

If you want to finish facing the front, simply adjust the last sailor step to turn 1/4 to face the front.