

Pride of Erin

Formation: Couples in the upper promenade position facing L.O.D.

Music: Waltz x 32 bars

Bars	Steps
4	Both start on Left foot and take 2 slow steps forward then 3 quick steps and raise Right foot forward to about ankle height
4	Stepping back on this raised foot, take 2 slow steps backward, then 3 quick steps backwards to end facing partner and join open hand hold with partner. Couples are now side-on to L.O.D.
2 2	Crossover movement: <i>(Men raises Left, Women Right foot and swing this foot over across their other foot, step on to it and swing the opposite foot up to repeat this crossing-over step on the other side. Body should turn smoothly with leg movement)</i> Repeat this stepping over on each side.
4	Turn to face L.O.D. And both waltz solo, outward 2 turns forward along L.O.D.
4	All face partner (standing side on to L.O.D.) and take open two hand hold. Balance forward on Left foot, raise Right forward, balance back, and change places with partner, Women turning under Man's Right arm.
4	Repeat above 4 bars
8	Take ballroom hold and circular waltz .

Repeat ad lib.