

# Dear Old Donegal

Music: Dear Old Donegal (1:43 mins)

Artist: The Hit Crew

Album: St. Pat's Pub Hits

Choreo: Karen Tripp, [karen@trippcentral.ca](mailto:karen@trippcentral.ca)

Genre: Irish Music

Tempo: 126 BPM (moderately fast)

Level: High Beginner

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Sequence: Wait 16 beats, A B C Break B

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## **PART A (64 beats)**

(8) 1 Clogover Loop Vine

(8) 2 Hard Steps

*Repeat above 3 steps with opposite footwork and direction, then add*

(8) 1 Crazy Step

(4) 1 Pushoff Left

(4) 1 Triple ½ right

*Repeat above 3 steps with same footwork to return to face front*

## **PART B (40 beats)**

(8) 2 Crossover Rocks

(8) 1 Samantha ½ right

*Repeat with same footwork to face front, then add*

(4) 1 Triple Kick Fwd

(4) 1 Triple Back

## **PART C (32 beats)**

(8) 1 Hit Step Vine

(8) 2 Rocking Chairs ¼ L on ea

*Repeat with same footwork to face front*

## **BREAK (16 beats)**

(16) 2 Cowboys ½ ea

**Repeat Part B:** [2 Crossover Rocks, Samantha ½ Rt, *repeat to face front*, Triple Kick Fwd, Triple Back]

# Dear Old Donegal – Step Breakdown

(8) Clogover Loop Vine

DS	DS(xif)	DS	Loop(cw)	S(b)	RS(xif)	DS(ots)	DS	RS
L	R	L	R	R	LR	L	R	LR
&1	&2	&3	&	4	&5	&6	&7	&8

(4) Hard Step

Dt(b)	BrUp/H	DS	RS
R	R/L	R	LR
&1	&2	&3	&4

(8) Crazy Step

DS	DS	DS	BrUp/H	RS	DS	RS	BrUp/H
L	R	L	R/L	RL	R	LR	L/R
&1	&2	&3	&4	&5	&6	&7	&8

(4) Pushoff Left

-----move left-----

DS	RS	RS	RS
L	RL	RL	RL
&1	&2	&3	&4

(8) Cowboy

-----move back-----

DS	DS	DS	BrUp/H	DS(xif)	RS	RS	RS
L	R	L	R/L	R	LR	LR	LR
&1	&2	&3	&4	&5	&6	&7	&8

(4) Crossover Rock

DS	Dt(xif)/H	Dt(unx)/H	RS
L	R/L	R/L	RL
&1	&2	&3	&4

(8) Samantha

DS	DS(xif)	Dr	S(b)	Dr	S	RS	DS	DS	RS
L	R	R	L	L	R	LR	L	R	LR
&1	&2	&	3	&	4	&5	&6	&7	&8

(8) Hit Step Vine

DS	HI/S	DS	HI/S	DS	HI/S	HI/S	HI/S
L	R/R	L	R/R	L	R/R	L/L	R/R
&1	&2	&3	&4	&5	&6	&7	&8

Legend:

DS	Double Step	(b)	Back	(ots)	Out to side
Dt	Double Toe	(unx)	Uncross	BrUp	Brush Up
(xif)	Cross in Front	HI	Heel	(cw)	Clockwise