

# INNISHFREE

Choreography: Monika Gründer, Aktienstr. 18, D - 47057 Duisburg - E-Mail: monikagruender@gmx.de  
Music: „Isle Of Innishfree“ (Susan McCann – Ireland's First Lady Of Country Music) 3:20 min.  
Download possible from Amazon.de  
Rhythm & Phase: ST, Phase III+1(Insd Roll<sup>1)</sup>) - Intro to Slow Two Step (see below)  
Timing: Sqg throughout, unless noted - reflects actual weight changes  
Footwork: opposite unless noted (Woman's footwork in parentheses)  
Sequence: Intro – A – A – B – Inter – A – B(1-10) – End

Feb. 2021

## INTRODUCTION

### 1-4 STEP APART & POINT ; STEP TO BFLY & TOUCH ; VINE 4 ; SIDE, DRAW, CLOSE :

- 1 **{Apt & Pt (S-)}** In BFLY WALL after having waited for 3 pickup notes  
stp apt L to OP FCG, -, pt fwd R twd ptr, - ;
- 2 **{to BFLY & Tch (S-)}** Stp fwd R twd ptr, -, tch L to R to BFLY WALL, - ;
- 3 **{Vine 4 (qqqq)}** In BFLY WALL stp sd L, XRib of L (*W XLib*), sd L, XRif of L (*W XLif*) ;
- 4 **{Sd, Draw, Cl (SS)}** Stp sd L, draw R to L, cl R to L to BFLY WALL, - ;

## PART A

### 1-4 BASIC ;; OPEN BASIC TWICE ;;

- 1-2 **{Basic}** In BFLY WALL stp sd L, -, XRib (*W XLib*), rec L ; Sd R, -, XLib (*W XRib*), rec R ;
- 3-4 **{Open Basic 2x}** Stp sd L to Left ½ OP RLOD, -, XRib, rec fwd L to BFLY ;  
Stp sd R to ½ OP LOD, -, XLib, rec R to BFLY WALL ;

### 5-8 LUNGE BASIC WITH INSIDE ROLL ; LUNGE BASIC ; TWISTY BASIC ;;

- 5 **{Lunge Basic w/Insd Roll}** In BFLY WALL stp sd L w/lunge action, -,  
rec sd R leadg W to trn LF undr jnd lhdnds, XLif  
(*W stp sd R w/lunge action, -, rec sd & fwd L trng ½ LF undr jnd lhdnds, sd R cont trng to fc ptr*) ;
- 6 **{Lunge Basic}** Sd R w/lunge action, -, rec sd L, XRif (*W XLif*) ;
- 7-8 **{Twisty Basic}** In BFLY WALL stp sd L, -, XRib (*W XLif*), rec L ; Sd R, -, XLib (*W XRif*), rec R ;

### 9-12 SIDE BASIC ; OPEN BASIC TWICE ;; BASIC ENDING :

- 9 **{Sd Basic}** Repeat meas 1 of Part A ;
- 10-11 **{Open Basic}** Repeat meas 4 of Part A ; Then repeat meas 3 of Part A ;
- 12 **{Basic Endg}** Repeat meas 2 of Part A ;

### 13-16 LUNGE BASIC WITH INSIDE ROLL ; LUNGE BASIC ; TWISTY BASIC ;;

Repeat meas 5-8 of Part A ; ; ;

## PART B

### 1-4 OPEN BASIC TWICE ;; VINE 4 ; SIDE BASIC :

- 1-2 **{Open Basic 2x}** Repeat meas 3-4 of Part A ; ;
- 3 **{Vine 4 (qqqq)}** Repeat meas 3 of Intro ;
- 4 **{Sd Basic}** Repeat meas 1 of Part A ;

### 5-8 OPEN BASIC TWICE ;; VINE 4 ; BASIC ENDING :

- 5-6 **{Open Basic 2x}** Repeat meas 4 of Part A ; Then repeat meas 3 of Part A ;
- 7 **{Vine 4 (qqqq)}** Stp sd R twd RLOD, XLib of R (*W XRib*), sd R, XLif of R (*W XRif*) ;
- 8 **{Basic Endg}** Repeat meas 2 of Part A ;

### 9-12 LUNGE BASIC TWICE ;; TWISTY BASIC ;;

- 9-10 **{Lunge Basic 2x}** In BFLY WALL stp sd L w/lunge action, -, rec sd R, XLif (*W XRif*) ;  
Sd R w/lunge action, -, rec sd L, XRif (*W XLif*) ;
- 11-12 **{Twisty Basic}** Repeat meas 7-8 of Part A ;

### 13-16 OPEN BASIC TWICE ;; BASIC ;;

- 13-14 **{Open Basic 2x}** Repeat meas 3-4 of Part A ; ;
- 15-16 **{Basic}** Repeat meas 1-2 of Part A ; ;

## INTER

### **1-4 LUNGE BASIC TWICE ;; VINE 4 ; SIDE, DRAW, CLOSE :**

- 1-2 {Lunge Basic 2x} Repeat meas 9-10 of Part B ; ;
- 3 {Vine 4 (qqqq)} Repeat meas 3 of Intro ;
- 4 {Sd, Draw, Cl (SS)} Repeat meas 4 of Intro ;

## ENDING

### **1-4 VINE 8 ;; OPEN BASIC TWICE ;;**

- 1-2 {Vine 8 (qqqq; qqqq;)} Repeat meas 3 of Intro ; Slowing down repeat meas 3 of Intro ;
- 3-4 {Open Basic 2x} With very slow steps corresponding to the music repeat meas 3-4 of Part A ; ;

### **5-6 (SLOW) VINE 4 ; LUNGE SIDE, - ;**

- 5 {Vine 4 (qqqq)} With very slow steps corresponding to the music repeat meas 3 of Intro ;
- 6 {Lunge Sd (S-)} In BFLY WALL stp sd L w/lunge action and hold position, -, -, - ;

<sup>1)</sup> Teaching STS for beginners you may leave out the Insd Roll and do a Lunge Basic 2x;; and a Basic;; instead of Twisty Basic;;

## Suggested Cues:

- Intro In BFLY WALL wait 3 pickup notes  
Apt, Pt; Tog, Tch to BFLY; Vine 4; Sd Draw Cl;
- A Basic;; Open Basic 2x;;  
Lunge Basic w/Insd Roll; Lunge Basic;<sup>1)</sup> Twisty Basic;;  
Sd Basic; Open Basic 2x;; Basic Endg;  
Lunge Basic w/Insd Roll; Lunge Basic;<sup>1)</sup> Twisty Basic;;
- A repeat A
- B Open Basic 2x;; Vine 4; Sd Basic;  
Open Basic; 2x; Vine 4; Basic Endg;  
Lunge Basic 2x;;\*\*\* Twisty Basic;;  
Open Basic 2x;; Basic;;
- Inter Lunge Basic 2x;; Vine 4; Sd Draw Cl;
- A  
B\*\*\*
- End Vine 8 (slow down);; (slow!) Open Basic 2x;;  
Slow Vine 4; & Lunge Side