

# GAELIC FROLIC

Recommended Music: **The Farmer's Frolic** — Gaelic Storm — Album: Gaelic Storm

Music Info: Speed: 156bpm, Length: 2:35mins, Count In: 16 Beats, Genre: Irish

Choreographers: Peter Heath, Adelaide, South Australia, 22 Feb 2003

Contact Info: Email: [peter@linedancersofsa.org](mailto:peter@linedancersofsa.org), Phone: +618 8281 4767, Web: [www.linedancersofsa.org](http://www.linedancersofsa.org)

Dance Info: Walls: 2, Level: 3/10, Rhythm: Standard, Next Wall: Back

Starting position:	Feet Together, Right Foot Ready
Nett amount of turn per sequence:	1/2 Left
Length of sequence:	32 Beats
Other names:	None

Music	Beats	Steps	Version: 1.00
		<b>Heel, Hook, Heel, Hook; Stroll, Touch; Twice</b>	
1–2	1,2	Touch Right Heel Diagonal Forward and Right, Hook Right Foot in Front of Left Knee	
3–4	1,2	Repeat Beats 1–2	
5–8	1–4	Step Right Foot Diagonal Forward and Right, Lock Left Foot Behind Right Foot, Step Right Foot Diagonal Forward and Right, Touch Left Foot to Right Foot	
9–10	1,2	Touch Left Heel Diagonal Forward and Left, Hook Left Foot in Front of Right Knee	
11–12	1,2	Repeat Beats 9–10	
13–16	1–4	Step Left Foot Diagonal Forward and Left, Lock Right Foot Behind Left Foot, Step Left Foot Diagonal Forward and Left, Touch Right Foot to Left Foot	
		<b>Back, Kick, Back, Kick; Back Rock 2, Basketball 2</b>	
17–18	1,2	Step Right Foot Back, Kick Left Foot Forward	
19–20	1,2	Step Left Foot Back, Kick Right Foot Forward	
21–22	1,2	Rock Right Foot Back, Recover Left Foot	
23–24	1,2	Rock Right Foot Forward, Turning 1/2 Left Recover Left Foot	
		<b>Rocking Chair 3, Touch; Back Rocking Chair 3, Touch</b>	
25–28	1–4	Rock Right Foot Forward, Recover Left Foot, Step Right Foot Back, Touch Left Foot to Right Foot	
29–32	1–4	Rock Left Foot Back, Recover Right Foot, Step Left Foot Forward, Touch Right Foot to Left Foot	
		REPEAT	