



Tír na nÓg

Celtic Woman ft. Oonagh

Level: Easy-Intermediate +



Choreographer: Michael Becker
Contact: mb@rabanna.de
Album: Destiny

Duration: 3:08

BPM: 95

Sequence: As follows

Intro

Wait 16B Smile & look Irish :)

Part A (8B)

Rocking Chair

Simone Stomp DS DS STO STO DR SL
L R L R -bt-
&1 &2 & 3 & 4

Part B* (34B)

Stomp Double

2 Basic Toe Toe DS TCH(xib) TCH(ib)
L R R
R L L
&1 & 2

Stomp Double

Triple turn 1/2 L

Repeat Stomp Double, 2 Basic Toe Toe & Stomp Double with opposite footwork, then add

Basic turn 1/2 R

Celtic Stomp STO STO STO STO p
L R L R
1 2 & 3 4 (Timing is for orientation only, adapt to the beat!)

Part C (32B)

Hard Step DT(b) H BR UP/H DS RS
L R L L R L RL
R L R R L R LR
& 1 & 2 &3 &4

Joey DS BA(xib) BA(ots) BA(ots) BA(xib) BA(ots) S
L R L R L R L
R L R L R L R
&1 & 2 & 3 & 4

Hard Step

Fancy Double turn 1/2

Repeat all above with opposite footwork & direction

Part D (16B)

Quick Rock Slur	R H(w/ots)	SLR S(ib)	
	L R	L L	
	R L	R R	
	& 1	& 2	

Basic

Triple

Repeat all above with opposite footwork

Part A (8B)	Rocking Chair • Simone Stomp
Part B (32B)	{Stomp Double • 2 Basic Toe Toe • Stomp Double • Triple turn 1/2} 2xOF
Part C* (16B)	Hard Step • Joey • Hard Step • Triple
Part D (16B)	{Quick Rock Slur & Basic • Triple} 2x OF

Break 1 (16B)

Vine Loop	DS DS(xif)	DS LOOP S	
	L R	L R R	turn 1/2 R on beat 3-4
	&1 &2	&3 & 4	
Rock Double	RS DS DS RS		
	LR L R LR		
	&1 &2 &3 &4		

Repeat all above once

Break 2 (16B)

2 Fun & Basic	STO STO DS DS RS
	L R L R LR
	& 1 &2 &3 &4
4 Fun	STO STO DS
	L R L
	R L R
	& 1 &2

Part B** (20B)	{Stomp Double • 2 Side Basic} 2x OF • Celtic Stomp
Part C (32B)	{Hard Step • Joey • Hard Step • Fancy Double 1/2} 2x OF
Part D (16B)	{Quick Rock Slur & Basic • Triple} 2x OF

Outro (8B)

2 Slur Basic	DS SLR S(xib)	DS RS
	L R R	L RL
	R L L	R LR
	&1 & 2	&3 &4

End (19B)

Step	S(xif)
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