



# Na Mara (The Sea)



Maggie Gallagher

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b>	<b>Weave Left, 1/4 Turn Step, 1/2 Pivot Left, Right Lock, Full Triple Turn.</b>		
1 &	Cross right over left. Step left to left side.	Cross &	Left
2 &	Cross right behind left. Step left 1/4 turn to left.	Behind Turn	Turning left
3 - 4	Step forward on right. Pivot 1/2 turn left.	Step. Pivot.	
5 & 6	Step forward right. Lock left behind right. Step forward right.	Right Lock Step	Forward
7 & 8	Travelling slightly forward triple step full turn right, stepping - Left Right Left.	Triple Turn	Turning right
<b>Section 2</b>	<b>Step, 1/4 Turn Rock, Cross Side, Hitch 1/2 Turn Left x 2, Sailor Step.</b>		
1	Step forward right.	Right	Forward
2 &	Make 1/4 turn right rocking left to left side. Recover on right.	Turn. Rock.	Turning right
3 - 4	Cross left over right. Step right to right side.	Cross. Side	Right
& 5	Hitch left knee making 1/2 turn left on right. Step left to left side.	Hitch Turn	Turning left
& 6	Hitch right knee making 1/2 turn left on left. Step right to right side.	Hitch Turn	
7 & 8	Cross left behind right. Step right to right side. Step left in place.	Sailor Step	On the spot
<b>Section 3</b>	<b>Step Scuff Hitch Step Scuff Hitch Step, x 2 with 1/4 Turn Left.</b>		
1 &	Step right forward. Scuff left forward.	Step Scuff	Forward
2 &	Hitch left knee. Step left forward.	Hitch Step	
3 & 4	Scuff right forward. Hitch right knee. Step right forward.	Scuff Hitch Step	
5 &	Make 1/4 turn left stomping left forward. Scuff right forward.	Turn Scuff	Turning left
6 &	Hitch right knee. Step right forward.	Hitch Step	Forward
7 & 8	Scuff left forward. Hitch left knee. Step left forward.	Scuff Hitch Step	
<b>Note:</b>	During the 4th wall only, restart from beginning after step 8 of this section.		
<b>Section 4</b>	<b>Cross Rock 1/4 Turn, Step 3/4 Pivot, Side, Hook Chasse Right &amp; Left .</b>		
1 & 2	Cross rock right forward over left. Rock back onto left. Step right 1/4 turn right.	Cross Rock Turn	Turning right
3 & 4	Step forward left. Pivot 3/4 turn right. Step left to left side.	Step Pivot Side.	
&	Hook right foot across left shin.	&	On the spot
5 & 6	Step right to right side. Close left beside right. Step right to right side.	Side Close Side	Right
&	Hook left foot across right shin.	&	On the spot
7 & 8	Step left to left side. Close right beside left. Step left to left side.	Chasse Left	Left

INTERMEDIATE

**4 Wall Line Dance:-** 32 Counts. Intermediate Level.

**Choreographed by:-** Maggie Gallagher (UK) March 2002.

**Choreographed to:-** 'Na Mara (The Sea)' (90 bpm) by The Borderers (64 count intro) from Inspired CD.

**Choreographers Note:-** During wall 4 only dance to the end of section 3 then restart dance from beginning.

Ending - The dance finishes with the music at count 16.

If you want to end facing front simply add a 1/4 turn to the sailor step.