

# Ballymore Boys

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**Choreographer :** Dynamite Dot  
**Music :** The Boy from Ballymore - Shamrock  
**Type :** 32 counts, 4 walls  
**Level :** Intermediate

**Back ½ right + forward ½ right, dip down and up, right toe forward, left toe side**

1 – 4 Point right toe back, pivot 1/2 turn right, step forward LF, pivot 1/2 turn right (weight on LF)  
5 – 6 RF is slightly forward, bending knees, DIP DOWN + UP (hands on thighs)  
7 & 8 Touch right toe forward, bring RF next to LF, touch left toe to left side

**Left and right sailor, left sailor with ¼ turn left, right shuffle forward**

1 & 2 Step LF behind RF, step RF to right side, step LF to left side  
3 & 4 Step RF behind LF, step LF to left side, step LF to right side  
5 & 6 Cross-step LF behind RF, turn ¼ left stepping RF to right side, step forward on LF  
7 & 8 Shuffle forward on RF, LF, RF

**Full turn forward, bump left, right, left, shuffle back right, ½ turn shuffle left**

1 – 2 Full turn forward on LF and RF (weight on RF)  
3 & 4 Step LF forward bump hips forward, back, forward  
5 & 6 & Shuffle back on RF, LF, RF, on ball of RF make 1/2 turn Left)  
7 & 8 Left shuffle forward on LF, RF, LF

**Pivot ½ left, toe touch right and left, heels right, left, right, clap clap**

1 – 2 Step forward on RF, pivot 1/2 turn left  
3 & 4 Touch right toe to right side, RF next to LF, touch left toe to left side  
& 5 & 6 & 7 Bring LF next to RF, switch heels forward RF, LF, RF  
& 8 clap, clap

**Repeat!**