

Boys from Ballymore – Sham Rock
Choreographed by Tandy Barrett

Hold 16 beats, start left foot

Part “A”

DS RS DS RS (forward) 2 Basics
L RL R LR

SL/S SL/S SL/S RS (backing up) Conveyer
R L L R R L RL

Repeat with opposite foot

Part “B”

DS DS (xib) S RS RS RS DS RS (turn ½ right) MJ Run
L R L RL RL RL R LR

Repeat to face front

Part “C”

S S S (turn 360 left) TCH Roll & Touch
L R L R

BEND KNEES UP H (if) H (if) Down & Up
B B R L

S R (if) S DS RS (turn ½ left) Rock Over & Basic
L R L R LR

STOMP STOMP STOMP STOMP (forward) Stomps
L R L R

Repeat to face front

Part “D”

R (if) S D HOP S R (if) S D HOP S Irish Basic
L R L R L R L R L R

DS DS RS RS (turn ¼ left) Fancy Double
L R LR LR

Repeat 3 more times to face front

Break

DS	SLUR (xib)	DS	BR (turn 1/2 left)	DS	RS	RS	RS	Vine Hitch/Chain
L	R	L	R	R	LR	LR	LR	

DS	DS	DS	HOP (forward)	DS	DS	DS	RS (backing)	Triple Hop/Triple
L	R	L	L	R	L	R	LR	

Repeat to face front

Sequence: A, B, C, D, A, B, C, Break, D, A, B, C (turn 1/4), C (turn 1/4)

S=Step, D=Double, TCH=Touch, if=in front, T=Toe, H=Heel, R=Rock, BR=Brush Up, K=Kick, xif=cross in front, ots=out to the side, xib=cross in back, SL=Slide, X=Cross, O=Out, B=Back