Milarrochy Bay

Artist: Nathan Evans & Saint Phnx / Album: Angels' Share / available on i-tunes
Level: Intermediate / Genre: Folk / Moderate speed / Time 2:25
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Sequence: 1/2A B C A B C D B
Wait 16 beats, begin with left foot lead

½ Part A (16 beats)

(4)	Mountain Basic	(P) STO DT H(clk) DS RS L R L R LR & 1 & 2 &3 &4
(4)	Mountain Goat	DS R(xif) S R(ots) S BA(ib) SL L R L R L R R &1 & 2 & 3 & 4
(8)	Toe Slide Basic	RS BA SL RS BA SL RS BA SL DS RS LR L L RL R R LR L L R LR &1 & 2 &3 & 4 &5 & 6 &7 &8

Part B (32 beats)

(8)	Irish Pull	R(if)S DS(ib) R(if)S DS(ib) R Pull(f) S R(if)S R(if)S L R L R L R L R L R L R L & 1 &2 & 3 &4 & 5& 6 & 7 & 8
(4)	Two Step Turn	(P) S R S S(if)Pivot(turn ½ R)/Clap S(say HEY) R L R L R & 1 & 2 &3 & 4
(4)	Rocking Chair	DS BR Hclk DS RS L R L L RL &1 & 2 &3 &4

Repeat the above 16 beats using same footwork

Part C(16 beats)

(8)	Cole	DS SL RS SL RS S SL DS DS RS L L RL L RL R R L R LR &1 & 2& 3 &4 & 5 &6 &7 &8
(8)	Simone Run	DT(b) BR Hclk Ttch(xif) Hclk Ttch(xif) Hclk Ttch(ots) Hclk Ttch(xif) Hclk DS DS L L R L R L R L R L R L R &1 & 2 & 3 & 4 & 5 & 6 &7 &8

Part A: [Mountain Basic, Mountain Goat, Toe Slide Basic**(turn ½ R**)] **Repeat**

Part B: [Irish Pull, Two Step Turn(1/2R), Rocking Chair] **Repeat**

Part C: [Cole, Simone Run]

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Part D (32 beats)

(4)	Triple Stomp	DS DS DS STO STO L R L R L &1 &2 &3 & 4
		Turn ¾ R
(4)	Appalachia	DS DR S S DR S S
	Turn ¾ R	R R L R R L R
		&1 & 2 & 3 & 4

Repeat the above 8 beats 3 more times

Part B: [Irish Pull, Two Step Turn(1/2R), Rocking Chair] **Repeat**

Step abbreviations
DS = double step
R= rock
S = step
H = heel
T= toe
DT = double toe
DR= drag
BRk = break
SK = skuff
P =pause
STO =Stomp
BA = Ball
SL = Slide

Direction
w = weight
clk = click
tch = touch
xif = cross in front
ots = out to side
xib = cross in back
if = in front
ib = in back
f = moving forward
b = moving back