



An Aram (Na Mara)

Choreographed By: Audrey Watson (Scotland)

Music: Na Mara by The Borderers

Description: 32 Count Beginner Line Dance

Intro: 178BPM

Notes:

Section One	TOUCH HITCH, TOUCH HITCH, ROCK & CROSS HOLD.	Facing Wall
1-2	Touch right toe to right side, hitch right knee.	12
3-4	Touch right toe to right side, hitch right knee.	12
5-6	Rock right to r/side, recover on left.	12
7-8	Cross right over left, hold for a beat.	12
Section Two	ROCK & CROSS HOLD, SIDE BEHIND SIDE HOLD.	Facing Wall
1-2	Rock left to left side, recover weight on right.	12
3-4	Cross left over right, hold for a beat.	12
5-6	Step right to right side, step left behind right.	12
7-8	Step right to right side, hold for a beat.	12
Section Three	STEP PIVOT STEP HOLD, TOUCH HITCH, TOUCH HITCH.	Facing Wall
1-2	Step fwd on left, pivot 1/4 right.	3
3-4	Step fwd on left, hold for a beat.	3
5-6	Touch right toe to right side, hitch right knee.	3
7-8	Touch right toe to right side, hitch right knee.	3
Section Four	STEP PIVOT STEP HOLD, TAP TAP, BACK TOG	Facing Wall
1-2	Step fwd on right, pivot 1/2 left.	9
3-4	Step fwd on right, hold for a beat.	9
5-6	Tap left toe behind right heel x 2	9
7-8	Step back on left, step right next left.	9

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