

The Green Lads

Count: 78

Wall: 1

Level: Intermediate Phrased

Choreographer: Gary O'Reilly (IRE), Fred Whitehouse (IRE), Shane McKeever (IRE) & Niels Poulsen (DK) - September 2026

Music: Galway Girl - Green Lads



Intro: 32 counts from beginning of track. App. 16 secs. into track. Start with weight on L foot
1 restart: During 2nd B, after 16 counts, facing 12:00. See explanation at bottom of step sheet
Phrasing: A, B, B (16), A, B, B, A, B, B, B, Ending
Note: A is always done to the singing part, B is always done to the instrumental part of the song

A part, 46 counts

[1 – 8] Stomp R fwd, Hold, ball walk RL, rock R fwd, ¼ R step slide

- 1 – 2 Stomp R fwd (1), Hold (2) 12:00
- &3 – 4 Step L next to R (&), walk R fwd (5), walk L fwd (6) 12:00
- 5 – 6 Rock R fwd (5), recover back on L (6) 12:00
- 7 – 8 Turn ¼ R stepping R a big step to R side (7), drag L towards R (8) 3:00

[9 – 16] L cross rock, L chassé, R jazz box ¼ R fwd

- 1 – 2 Cross rock L over R (1), recover back on R (2) 3:00
- 3&4 Step L to L side (3), step R next to L (&), step L to L side (6) 3:00
- 5 – 8 Cross R over L (5), step back on L (6), turn ¼ R stepping R fwd (7), step L fwd (8) 6:00

[17 – 24] Jump out RL & clap, jump RL back together, clap X2, R back rock, R kick ball step

- &1 – 2 Jump R out to R diagonal (&), jump L out to L diagonal (1), clap hands (2) 6:00
- &3&4 Jump R back to centre (&), jump L next to R (3), clap hands twice (&4) 6:00
- 5 – 6 Rock back on R (5), recover on L (6) 6:00
- 7&8 Kick R fwd (7), step R next to L (&), step L slightly fwd (8) 6:00

[25 – 31] R heel grind, recover back on L, ball cross, ¼ L back R, L back rock, walk L fwd

- 1 – 2 Step R heel fwd grinding toes R (1), recover back on L (2) 6:00
- &3 – 4 Step R back next to L (&), cross L over R (3), turn ¼ L stepping back on R (4) 3:00
- 5 – 7 Rock back on L (5), recover on R (6), walk L fwd (7) 3:00

[32 – 39] Jump out RL & clap, jump RL back together, clap X2, R back rock, R kick ball change

- &1 – 2 Jump R out to R diagonal (&), jump L out to L diagonal (1), clap hands (2) 3:00
- &3&4 Jump R back to centre (&), jump L next to R (3), clap hands twice (&4) 3:00
- 5 – 6 Rock back on R (5), recover on L (6) 3:00
- 7&8 Kick R fwd (7), step R next to L (&), step L slightly fwd (8) 3:00

[40 – 46] R heel grind, recover back on L, ball cross, ¼ L back R, L back rock, walk L fwd

- 1 – 2 Step R heel fwd grinding toes R (1), recover back on L (2) 3:00
- &3 – 4 Step R back next to L (&), cross L over R (3), turn ¼ L stepping back on R (4) 12:00
- 5 – 7 Rock back on L (5), recover on R (6), walk L fwd (7) 12:00

Note! The last two sections of A is a repeat of counts 17-31, but just facing different walls

B part, 32 counts

[1 – 8] R toe touch, Hold, & switch L&R heels, & L toe touch, Hold, & R heel, ball change RL

- 1 – 2 Touch R toes next to L (1), Hold (2) 12:00
- &3&4 Step back on R (&), touch L heel fwd (3), step L next to R (&), touch R heel fwd (4) 12:00
- &5 – 6 Step R next to L (&), touch L toes next to R (5), Hold (6) 12:00
- &7&8 Step back on L (&), touch R heel fwd (7), step down on R (&), walk L fwd (8) 12:00

[9 – 16] R rock step fwd, R coaster step, L rock step fwd, ¼ L chasse

1 – 2 Rock R fwd (1), recover back on L (2) 12:00
3&4 Step back on R (3), step L next to R (&), step R fwd (4) 12:00
5 – 6 Rock L fwd (5), recover back on R (6) 9:00
7&8 Turn ¼ L stepping L to L side (7), step R next to L (&), step L to L side (8) ... * Step change
+ restart. See bottom of step sheet for details 9:00

[17 – 24] R cross, Hold, & R heel touch, Hold, ball cross, side R, behind side cross

1 – 2 Cross R over L (1), Hold (2) 9:00
&3 – 4 Step L to L side (&), touch R heel diagonally R fwd (3), Hold (4) 9:00
&5 – 6 Step R next to L (&), cross L over R (5), step R to R side (6) 9:00
7&8 Cross L behind R (7), step R to R side (&), cross L over R (8) 9:00

[25 – 32] R side rock, R cross shuffle, L side rock ¼ R, L shuffle fwd

1 – 2 Rock R to R side (1), recover on L (2) 9:00
3&4 Cross R over L (3), step L to L side (&), cross R over L (4) 9:00
5 – 6 Rock L to L side (5), turn ¼ R when recovering onto R (6) 12:00
7&8 Step L fwd (7), step R behind L (&), step L fwd (8) 12:00

*** Step change**

+ restart

During your 2nd B you will have a step change and a restart facing 12:00. Do the first 14 counts of B. Then instead of doing the ¼ L chassé you stay facing 12:00 changing the chassé ¼ to a L coaster step. Then restart dance into your A section 12:00

Ending: When finishing your last B to the front do a Michael Flatley pose leaning to the R and pointing arms/hands up to L diagonal and with palms facing down.

If in doubt find the video with us boys in it... 12:00
