

# Iron Man <3

拍数: 32      墙数: 1      级数: Improver  
编舞者: Jon Sysyn - December 2019  
音乐: I Love You 3000 - Stephanie Poetri



## [1-8] RF Syncopated Rock, LF Syncopated Rock, Walk, Walk, Shuffle.

1 2&3 4&      RF Rock forward, Recover LF, Step RF beside LF, Rock LF forward, Recover RF, Step LF beside RF  
5 6 7&8      RF Walk Forward, LF Walk Forward, Step RF forward, Lock/Step LF behind RF, Step RF forward.(8)

## [9-16] Pivot ½ Turn, Lock Step Forward, ¾ Hinge Turn Left, Cross Shuffle R-L-R, □

1 2 3& 4      LF step forward (9), pivot ½ turn (10), Step LF forward, Step RF behind LF, Step LF forward  
5,6,7&8      ¼ Left and Step RF to Right, ½ turn to Left and Step LF to Left, Cross Shuffle R-L-R to Left diagonal.

## [17-24] Syncopated RF Side Rock, Ball-step, LF Syncopated Side Rock, Touch, Full Turn, Side Shuffle □

1 2& 3 4      LF Side Rock, Recover RF(2), Ball-step LF(+), Rock RF out to Right, Touch LF beside RF, knee bent slightly.  
5 6 7&8      ¼ turn to Left while LF steps forward(5), ½ turn Left while RF steps back(6), ¼ turn L while LF steps Left(7), Step RF next LF(&), Step LF Left(8). \*Bounce knees on side shuffle.

## [25-32] Syncopated Cross Rocks, Step-Pivot ½ Turn, ¼ Turn, ½ Turn. (1/4 Turn) 12 6 3 9

1 2&3 4&      Cross Rock RF over LF(1), Recover LF(2), Step RF beside LF(&), Cross Rock LF over R (3), Recover RF (4), Step LF beside RF(&).  
5 6 7 8      ¼ Turn Left and Step RF forward (5), Pivot ½ turn and put weight onto LF (6), ½ Turn Left, Step RF back (7)[6:00], ½ Turn Left and Step LF forward (8),

**Then continue with momentum into RF Cross Rock to Begin the Dance Again**

**This Dance can be done contra, as well, staggering the lines so you pass the people across from you.**

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**To make dance 4 Walls instead of one, use these as the last 8 count:**

5 6 7 8      Step RF forward (5), Pivot ½ turn & Step LF down (6)[3:00], ¼ Turn Left, Step RF to Right (7)[3:00], ½ Turn Left then Step LF to Left(8)[9:00],

**Last Update – 16 Dec. 2019**