

Iris Gold

拍数: 64 墙数: 2 级数: Phrased High Intermediate
编舞者: Malene Jakobsen (DK) & Adam Åstmar (SWE) - July 2020
音乐: Wow - Iris Gold



Intro: 32 counts, starting on vocals.

Sequence: A – BB – C* – A – BB – CC – A – CC – BB – CC – Ending

Important info: When doing C* you will change some of your steps in the last section of C. See notation below for instructions!

(A – 32 Counts)

A – 1: Hip Bumps. Sailor Step. Behind. Side. Jazz Box 1/4.

- 1 & 2 (1) Step to the right on RF, bumping hips right. (&) Bump hips left. (2) Bump hips right.
3 & 4 (3) Step LF behind RF. (&) Step to the right on RF. (4) Step to the left on LF.
5 – 6 (5) Step RF behind LF. (6) Step to the left on LF.
7 & 8 (7) Cross RF over LF. (&) Turn 1/4 to the right stepping back on LF. (8) Step to the right on RF. {3:00}

A – 2: Sassy Walk Forward Left, Right. Mambo 1/4. Touch & Touch. 1/2 Rumba Box.

- 1 – 2 (1, 2) Walk forward with style on LF, RF.
3 & 4 (3) Rock forward on LF. (&) Recover on RF. (4) Turn 1/4 to the left, stepping to the side on LF. {12:00}
5 & 6 (5) Touch R toe next to LF, turning R knee slightly across L knee. (&) Ball step RF next to LF.
 (6) Touch L toe next to RF, turning L knee slightly across R knee.
7 & 8 (7) Step to the left on LF. (&) Close RF next to LF. (8) Step forward on LF.

A – 3: 1/4 Turn Camel Walks. Shuffle 1/4 Turn. Point Forward. Point Side. Behind. 1/4. Step.

- 1 – 2 (1) Turn 1/8 to the right, stepping forward on RF and pop L knee. (2) Turn 1/8 to the right, stepping forward on LF and pop R knee. {3:00}
3 & 4 (3 & 4) Shuffle 1/4 turn to the right, stepping RF, LF, RF. 6:00}
5 – 6 (5) Point LF forward. (6) Point LF to the left.
7 & 8 (7) Step LF behind RF. (&) Turn 1/4 to the right, stepping forward on RF. (8) Step forward on LF. {9:00}

A – 4: Toe Struts With Hip Bump Right, Left. Rock Forward. 1/4 Side. Cross.

- 1 & 2 (1) Touch RF forward, bumping hips forward. (&) Bump hips back. (2) Step down on RF.
3 & 4 (3) Touch LF forward, bumping hips forward. (&) Bump hips back. (4) Step down on LF.
5 – 6 (5) Rock forward on RF. (6) Recover on LF.
7 – 8 (7) Turn 1/4 to the right, stepping to the right on RF. (8) Cross LF over RF. {12:00}

(B – 16 Counts)

B – 1: Big Step Side. Together. Vaudeville Right. Ball-Cross. Clap x2. 1/2 Unwind. Coaster Step.

- 1 – 2 (1) Take a big step to the right on RF. (2) Close LF next to RF.
3 & 4 & (3) Cross RF over LF. (&) Step slightly back on LF diagonal on LF. (4) Touch R heel diagonally forward. (&) Ball step RF next to LF.
5 & 6 (5) Cross LF over RF. (&, 6) Clap hands twice.
7 – 8 & (7) Unwind 1/2 to the right, keeping weight on LF. (8) Step back on RF. (&) Close LF next to RF. {6:00}

B – 2: Big Step Forward. Together With Small Hitch. Out-Out (On Heels). Back-Cross. Hold. Side-Behind. Hold. Side- Cross.

- 1 – 2 (1) Finish the coaster step with a big step forward on RF. (2) Close LF next to RF, slightly hitching RF and bending the knee on LF.

- 3 & 4 & (3) Step out on R heel to R diagonal. (&) Step out on L heel to L diagonal. (4) Step back on RF. (&) Cross LF over RF.
- 5 & 6 (5) Hold. (&) Step to the right on RF. (6) Step behind RF on LF.
- 7 & 8 (7) Hold. (&) Step to the right on RF. (8) Cross LF over RF.

(C – 16 Counts)

C – 1: Synchopated Monterey 1/2 Right. Synchopated Monterey 1/2 Left.

- 1 & 2 & (1) Point RF to the right. (&) Turn 1/4 right, closing RF next to LF. {3:00} (2) Point LF to the left. (&) Close LF next to RF.
- 3 – 4 (3) Point RF to the right. (4) Turn 1/4 right, closing RF next to LF. {6:00}
- 5 & 6 & (5) Point LF to the left. (&) Turn 1/4 left, closing LF next to RF. {3:00} (6) Point RF to the right. (&) Close RF next to LF.
- 7 – 8 (7) Point LF to the left. (8) Turn 1/4 left, closing LF next to RF. {12:00}

C – 2: Side-Touch-Side. Behind-Side-Cross. Back. 1/2. Step Forward. Touch.

- 1 & 2 (1) Step to the right on RF. (&) touch LF next to RF. (2) Step to the left on LF.
- 3 & 4 (3) Step RF behind LF. (&) Step to the left on LF. (4) Cross RF over LF.
- 5 – 6 (5) Step back on LF. (6) Turn 1/2 to the right, stepping forward on RF. {6:00}
- 7 – 8 (7) Step forward on LF. (8) Touch RF next to LF.

Note C* Step change occurs here the first time you do C in the dance! For the last 4 counts, you instead do: Back. Side. Cross, Hold.

- 5 – 6 (5) Step back on LF. (6) Step to the right on RF.
- 7 – 8 (7) Cross LF over RF. (8) Hold.
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