

Iris

COPPERKNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Upper Intermediate - waltz
编舞者: Mark Simpkin (AUS) - July 2024
音乐: Iris (Apple Music Home Session) - Josh Ross



Intro 48 counts. Start on lyrics. Weight is on R.

Restart on wall 2. Dance to count 72. Restart 6.00

Restart after 48 counts in wall 4. Modify the full Spiral to 3/4 L spiral to 12.00 and add L fwd, Drag R to L, Drop weight on R to restart.

S1. L fwd, Drag R touch tog, Hold, R back, Turn 1/4 sweep L to L side, Hold

1 2 3 Step L forward, Drag R beside L, Hold
4 5 6 Step R back, Turn 1/4 L sweep L to L side, Hold (9.00)

S2. L behind, Side R, Cross Lover R, Turn 1/4 R step R fwd, Turn 1/4 R, Sweep L to L side

1 2 3 Step L behind R, Step R to R side, Cross L over R
4 5 6 1/4 R step R forward, Turn 1/4 R weight on R, Sweep L to L side (3.00)

S3. Cross L over R, Step R to R side, Step L behind R, Turn 1/4 R lunge R fwd

1 2 3 Cross L over R, Step R to R side, Step L Behind R (over turn these steps for flow)
4 5 6 Turn 1/4 R lunge fwd forward (6.00)

S4. Recover L back, 1/2 R sweep Weave – Behind Side Cross

1 2 3 Recover Back L 1/2 sweep R weight on L over 2 counts
4 5 6 Cross R behind L, L to L side, Cross R over L

S5. Big step L Drag R, Together Cross L over R, 1/4 L back on R, 1/4 L step L to L side

1 2 3 Big step L to L side, Drag R to L, Step R beside L weight on R
4 5 6 Cross L over R, Turn 1/4 R stepping R back, Turn 1/4 L step L to L side (6.00)

S6. Step R fwd on L diagonal, Tap L toe behind R, Hold Recover L back, Step R to R side, Recover Side L

1 2 3 Step R forward, to L diagonal, Tap L toe behind R, Recover L back, Step r to R side, ,
Recover Side L
4 5 6 Recover L back, Step R to R side (straightening up to 6.00), Recover L to L side

S7. Touch R toe behind L, Unwind 1/2 R, Drop weight R Weave – Cross Side, Behind

1 2 3 Step R toe behind L, Unwind 1/2 R , dropping weight on R (12.00)
4 5 6 Cross L over R, Step R to R side, Step L behind

S8. Turn 1/4 R fwd, Sweep L fwd, Hold Cross Lock L over R, Step R back, 1/2 L stepping L fwd

1 2 3 1/4 R step R fwd, Sweep L forward, (3.00), Hold
4 5 6 Cross lock L over R, Step R back, Turn 1/2 L stepping L forward (9.00)

S9. Step R fwd, L full turn spiral ##L fwd, Drag R, Hold

1 2 3 Step R forward, Full spiral L weight R ##
4 5 6 Step L forward, Drag R to L, Hold

Restart in wall change the full spiral to 3/4 L and 4 add L fwd, Drag R to L, Drop weight on R restart 12.00

S10. Fwd R coaster Back L, Touch R toe Back, 1/4 R Drop on R

1 2 3 Step R fwd, Step L beside R, Step R back
4 5 6 Step L back, Touch R toe Back, 1/4 R Drop (on R)12.00)

S11. Cross lunge L over R, Recover R, Step L to L side Cross R toe over L, Unwind 1/2 L, Drop weight on R

1 2 3 Cross lunge L over R, Recover R, Step L to L side Cross R toe over L, Unwind 1/2 L, Drop weight on R, (6.00)

4 5 6 Cross R toe over L, Unwind 1/2 L, Drop weight on R, (6.00)

S12. L Twinkle, Cross R over L, Turn 1/4 R step back on L, 1/4 R step R to R Side #

1 2 3 Cross L over, Step R to R side, Recover weight L

4 5 6 Cross R over L, Turn 1/4 R stepping back on L, Turn 1/4 R step R to R side (12.00) #

S13. Turn 1/4 R Step L forward, (3.00), 1/2 R sweep (9.00) R Sailor cross

1 2 3 Turn 1/4 R step L forward(3.00) Keeping weight on L turn 1/2 R sweeping R foot around to R side, (9.00)

4 5 6 Step R behind L, Step L beside R, Cross R forward over L

S14. L fwd, Drag R, Hold 1/2 Turn R on R, 1/4 R turn sweeping L to L side Hold (6.00)

1 2 3 Big step forward L, Drag R to L , Hold

4 5 6 Turn 1/2 turn R on R, Turn 1/4 R sweeping L to L side (6.00)

S15. Cross L over R, Turn 1/4 L stepping R back, Cross L over R, R back, Hook L over R, Hold (3.00)

1 2 3 Cross L over R, Turn 1/4 L stepping R back, Cross L over R (3.00)

4 5 6 Step R back, Hook L over R knee, Hold

S16. Step L fwd, 1/2 L turn step back R, 1/4 L step L to L side, R Twinkle

1 2 3 Step L forward, Turn 1/2 L stepping R back, Turn 1/4 L stepping L to L side (6.00)

4 5 6 Cross R over L, Step L to L side, Recover R

Mark Simpkin – Southern Cross Line Dancers – www.southerncrosslinedance.com

YouTube – [SouthernCrossLinedancers](https://www.youtube.com/SouthernCrossLinedancers)

msimpkin@bigpond.net.au M 0418 440 402

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