

Iron Man <3

拍數: 32 牆數: 1 級數: Improver
編舞者: Jon Sysyn - December 2019
音樂: 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