

Iris

COPPERKNOB
STEPSHEETS

拍數: 96 牆數: 2 級數: Upper Intermediate - waltz
編舞者: Mark Simpkin (AUS) - July 2024
音樂: 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, Hold Hold

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, Hold, Hold (6.00)

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

1 2 3 Recover back L, 1/2 sweep R weight on L over 2 counts (12.00)
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 (4.30), Tap L toe behind R, Hold
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 on R ##
4 5 6 Step L forward, Drag R to L, Hold

Restart in wall 4 modify 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, Turn 1/4 R stepping R to R side, Drop weight on R

1 2 3 Step R fwd, Step L beside R, Step R back
4 5 6 Step L back, Turn 1/4 R, Drop R to R side, (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
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. 1/4 L fwd (3.00), 1/2 R sweep (9.00), R Sailor cross

1 2 3 Turn 1/4 Step L forward, 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 R on R, Turn 1/4 R sweeping L to L side, Hold (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

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