

I.R.S. (P)

拍數: 48 牆數: 0 級數: Partner
編舞者: Renegade Rich & Debi Krajcsovics (USA)
音樂: Whatever You Do! Don't! - Shania Twain



Position: right open promenade position facing LOD. Men and ladies are on opposite feet

MAN'S STEPS

Lady's steps are the same though opposite, except where noted in counts 33-48

BUMP HIPS RIGHT, RIGHT, LEFT, LEFT, ROLL HIPS COUNTER TO THE RIGHT (RIGHT, LEFT, RIGHT, LEFT)

1-2 Bump hips right, right
3-4 Bump hips left, left
5-6 Roll hips right, left
7-8 Right, left with weight ending up on right

SHUFFLE FORWARD LEFT-RIGHT-LEFT, RIGHT-LEFT-RIGHT STEP, HOLD, & STEP, & STEP

1&2 Shuffle forward left, right, left
3&4 Shuffle forward right, left, right
5-6 Step forward on left, hold for one beat
&7 Step slightly forward right, step forward left
&8 Step slightly forward right, step forward left

STEP ½ TURN ¼ TURN TRIPLE STEP SAILOR STEP, SAILOR STEP

1-2 Step forward right, step ½ left on left (releasing lady's left hand)
3&4 Triple step right & left, right in place turning ¼ left

As you're doing your triple step both hands should come up in front of you together with your partner in the patty cake position

5&6 Step left behind right & step right next to left, step left next to right
7&8 Step right behind left & step left next to right, step right next to left

SAILOR STEP, SAILOR STEP BEHIND STEP KICK, KICK

1&2 Repeat 5&6 above
3&4 Repeat 7&8 above
5-6 Step left behind right, make ¼ turn right on right (releasing ladies right hand)
7-8 Kick left forward twice

TURN SHUFFLE, SHUFFLE, WALK, FORWARD LEFT-RIGHT-LEFT, SCUFF RIGHT

1&2 **MAN:** While making ½ turn to left shuffle left, right, left
 LADY: Shuffle right, left, right turning ½ right

Switching from holding lady's left hand to holding right hand

3&4 **MAN:** Shuffle forward right, left, right
 LADY: Shuffle forward left, right, left
5-6 **MAN:** Step forward left, step forward right
 LADY: Begin turn into wrap position stepping right, left
7-8 **MAN:** Step forward left, scuff right
 LADY: Finish turn and step right, scuff left

Hold mans left hand with your right while in wrap position

SHUFFLE, SHUFFLE, STEP, STEP, STEP, IN PLACE

1&2 **MAN:** Shuffle forward right, left, right
 LADY: Shuffle forward left, right, left

3&4 **MAN:** Shuffle forward left, right, left
 LADY: Shuffle forward right, left, right

5-6 **MAN:** Step forward right, left
 LADY: Unwrap full turn right step left, step right

7-8 **MAN:** Step forward right, step left beside right
 LADY: Continue to unwrap and step left, step right beside left (release man's left hand while turning)

REPEAT
