

# 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**

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