

# Iron Man

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**Count:** 32      **Wall:** 1      **Level:** Improver

**Choreographer:** Jon Sysyn - December 2019

**Music:** I Love You 3000 by 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&8RF 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& 4LF step forward (9), pivot ½ turn (10), Step LF forward, Step RF behind LF, Step LF forward**

**5,6,7&8¾ 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 4LF Side Rock, Recover RF(2), Ball-step LF(+), Rock RF out to Right, Touch LF beside RF, knee bent slightly.**

**5 6 7&8¾ 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 8¾ 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  $\frac{1}{2}$  turn & Step LF down (6)[3:00],  $\frac{1}{4}$  Turn Left, Step RF to Right (7)[3:00],  $\frac{1}{2}$  Turn Left then Step LF to Left(8)[9:00],

**Last Update - 16 Dec. 2019**

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