

I Are (I.R.)

Choreographed by: Barry Durand

Suggested music "The Way I Are" by Timbaland featuring Keri Hilson, Album: Timbaland Presents Shock Value

Intermediate dance - 32 counts 2 walls

Intro: 32 counts

1-8 HITCH, SAILOR KICK AND STEP, HITCH, HIP BUMP

- 1,2 Start with weight on R and L toe tapped to left, hitch L up bending left knee and then point L toe to left.
- 3&4&5,6 ¼ turning sailor kick left - Step behind L with 1/8 turn left, step in place R with 1/8 turn left, kick L, step L, step forward R, hitch L up behind R at the knee
- 7&8 Step side L and Hip bump L & L weight ends on L

9 – 16 TURNING SAILOR, HOLD & CROSS, WALKS, COASTER

- 1&2 ¼ Turning sailor by crossing R behind L turning 1/8 turn right, step in place L turning 1/8 turn right, step forward R with toe turned out to right
- 3&4 Hold count 3, turn ¼ turn right while stepping side L, cross in front R
- 5,6 Step forward L starting to turn, turn ½ turn to left while stepping back with R
- 7&8 Coaster step by stepping back L, together R, forward L

17-24 CROSSES, SWEEP, HEEL JACKS, PRESS ROCK RECOVER

- 1&2 turn ¼ turn right while stepping cross R in front, step side L, cross R in front,
- 3 Sweep L from back to front
- 4&5&6 Step down on L, and heel jack by stepping side R, tap or kick L, step in place L, turn ¼ turn left and step forward R
- 7,8 Step forward onto L with a press, recover back onto R

25-32 COASTER, KICK BALL TAP, BODY ROLL, ¼ TURN

- 1&2 Left Coaster step – step back L, together R, forward L
- 3&4 Right Kick Ball Tap – kick R, step back R, tap L bending left knee
- 5,6 Body Roll down from top to bottom ending with weight on R, or just do to hip bumps L (5&6&)
- 7,8 Step forward L turning ¼ turn left, step side R

REPEAT.