

I Are (I.R.)

Choreographed by: Barry Durand – Gaithersburg, MD www.barrydurand.com email: durand5678@aol.com

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.