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I Are

32 Count, 4 Wall, Beginner

Choreographer: LD Crazy Mike & Micaela Svensson
Erlandsson (October 2015)

Choreographed to: The Way I Are by Timberland (Remix)
feature Francisco & Keri Hilson

Intro 32 counts after Heavy beat.

1 Right Knee Pop. Left Knee Pop. Step. Right Knee roll. Left Knee roll 1/4 turn left.

- 1 Push right knee forward and in by lifting the heel off floor
- 2 Push left knee forward and in by lifting the heel off floor.
- 3 Straighten right knee and take heel back to the floor.
- 4 Straighten left knee and take heel back to the floor.
- 5-6 With weight on right toes roll knee from left to right. Step down on right.
- 7-8 With weight on left toes roll knee from right to left turning 1/4 left.

2 V- Steps x 2

- 1-2 Step forward widely on right. Step forward widely on left.
- 3-4 Step back on right. Step left beside right.
- 5-6 Step forward widely on right. Step forward widely on left.
- 7-8 Step back on right. Step left beside right.

3 Cross. Heel Bumps x 3 Turning 1/2 left. Step. Drag. Knee Pops.

- 1-4 Cross right over left. Bounce heels three times turning all in all 1/2 left.
- 5-7 Take a long step to the right. Drag left towards right (2 counts)
- & Push both knees forward by lifting the heels off floor.
- 8 Straighten knees and take heels back to the floor.

4 Step. Drag. Knee Pops. Right Out. Left Out. Right In. Left In.

- 1-3 Take a long step to the left. Drag right towards left (2 counts).
- & Push both knees forward by lifting the heels off floor.
- 4 Straighten knees and take heels back to the floor.
- 5-6 Step out to right with right. Step out to left with left.
- 7-8 Step in to centre on right. Step in to centre on left.