

SIR

SONG: "SIR" by COOPER ALAN.

ALBUM: "TAKE FOREVER"

LEVEL: EASY INTERMEDIATE

ORIGINAL POSITION: FEET TOGETHER WEIGHT ON THE LEFT FOOT.

CHOREOGRAPHER: SHIRLENE McCLOUD, AMANDA BOWDEN & GORDON ELLIOTT.
AUSTRALIA. March 2025.

BEATS	STEPS: This dance is done in TWO directions. Introduction : 16 Beats
1, 2 3 & 4 5, 6 7 & 8	ACROSS, SIDE, 1/4 SAILOR, PIVOT TURN, 1/4 SIDE SHUFFLE STEP R ACROSS IN FRONT OF LEFT, STEP L TO THE SIDE, SAILOR STEP TURNING 90° RIGHT STEP : R-L-R, (3.00) PIVOT : STEP L FORWARD, TURN 180° RIGHT TAKE WEIGHT ONTO R, (9.00) TURN 90° RIGHT SIDE SHUFFLE TO THE LEFT STEP : L-R-L. (12.00)
1, 2 3 & 4 5 & 6 7, 8	BACK, ROCK, KICK BALL CROSS, KICK BALL CROSS, SIDE, ROCK STEP R BACK, ROCK FORWARD ONTO L, KICK R FORWARD, STEP R BACK, STEP L ACROSS IN FRONT OF RIGHT, KICK R FORWARD, STEP R BACK, STEP L ACROSS IN FRONT OF RIGHT, STEP R TO THE SIDE, SIDE ROCK ONTO L. (12.00)
1, 2 3 & 4 ^^ 5, 6 7 & 8	ACROSS, ROCK, 1/4 SHUFFLE FORWARD, PADDLE TURN, SHUFFLE ACROSS STEP R ACROSS IN FRONT OF LEFT, ROCK ONTO L, TURN 90° RIGHT SHUFFLE FORWARD STEP : R-L-R, (3.00) PADDLE : STEP L FORWARD, TURN 90° RIGHT TAKE WEIGHT ONTO R, (6.00) SHUFFLE LEFT ACROSS IN FRONT OF RIGHT STEP : L-R-L. (6.00)
1, 2 & 3, 4 5, 6 7, 8 ##	SIDE, HOLD & SIDE, TOUCH, 1 & 1/8 ROLLING VINE LEFT & SCUFF STEP R TO THE SIDE, HOLD, STEP L TOGETHER, STEP R TO THE SIDE, TOUCH L TOE TOGETHER, TURN 90° LEFT STEP L FORWARD, TURN 180° LEFT STEP R BACK, (3.00) TURN 90° LEFT STEP L FORWARD, TURN 45° LEFT SCUFF R FORWARD. (4.30)
1, 2 3, 4 5, 6 7 & 8	ROCKING CHAIR, PIVOT TURN, SHUFFLE FORWARD ROCKING CHAIR : STEP R FORWARD, ROCK BACK ONTO L, STEP R BACK, ROCK FORWARD ONTO L, PIVOT : STEP R FORWARD, TURN 180° LEFT TAKE WEIGHT ONTO L, (10.30) SHUFFLE FORWARD STEP : R-L-R. (10.30)
1, 2 3, 4 5, 6 7 & 8 #	ROCKING CHAIR, LITTLE PADDLE, CROSS SAMBA ROCKING CHAIR : STEP L FORWARD, ROCK BACK ONTO R, STEP L BACK, ROCK FORWARD ONTO R, PADDLE: STEP L FORWARD, TURN 45° RIGHT TAKE WEIGHT ONTO R, (12.00) STEP L ACROSS IN FRONT OF RIGHT, STEP R TO THE SIDE, STEP L TO THE SIDE
1, 2 3, 4 5, 6 7, 8	ACROSS, SIDE, BEHIND, 1/4 FORWARD, PIVOT TURN, FORWARD, FORWARD STEP R ACROSS IN FRONT OF LEFT, STEP L TO THE SIDE, STEP R BEHIND LEFT, TURN 90° LEFT STEP L FORWARD, (9.00) PIVOT : STEP R FORWARD, TURN 180° LEFT TAKE WEIGHT ONTO L, (3.00) STEP R FORWARD, STEP L FORWARD. (3.00)
1, 2 3, 4 5, 6 7, 8	ACROSS, SIDE, BEHIND, 1/4 FORWARD, PIVOT TURN, FORWARD, FORWARD STEP R ACROSS IN FRONT OF LEFT, STEP L TO THE SIDE, STEP R BEHIND LEFT, TURN 90° LEFT STEP L FORWARD, (12.00) PIVOT : STEP R FORWARD, TURN 180° LEFT TAKE WEIGHT ONTO L, (6.00) STEP R FORWARD, STEP L FORWARD. (6.00)
64	REPEAT THE DANCE IN NEW DIRECTION
1, 2 3 & 4	RESTART 1 : On WALL 1 dance to BEAT 48 (#) & RESTART facing the FRONT. RESTART 2 : On WALL 3 dance to BEAT 32 (##) & RESTART facing the FRONT ENDING : On WALL 6 dance to BEAT 20 (^^) then add the following STEP L FORWARD, TURN 270° RIGHT TAKE WEIGHT ONTO R, SIDE SHUFFLE TO THE LEFT STEP : L-R-L.