

# R. U. Ready

Count: 44

Wand: 4

Ebene: Intermediate

Choreograf/in: William Sevone (UK)

Musik: Ready to Run - The Chicks



## 2X SOFT SHOE SHUFFLES, WALK FORWARD: RIGHT, LEFT

- 1&2 Step right foot slightly in front of left, step left foot back slightly, step right foot back to left toe  
3&4 Step left foot slightly in front of right, step right foot back slightly, step left foot back to right toe

### Styling note for counts 1-4 are 'on-the-spot'

- 5-6 Step forward onto right foot, step forward onto left foot

## 2X SOFT SHOE SHUFFLES, CROSS ROCK, BACKWARD ROCK

- 7&8 Step right foot slightly in front of left, step left foot back slightly, step right foot back to left toe  
9&10 Step left foot slightly in front of right, step right foot back slightly, step left foot back to right toe

### Styling note for counts 7-10 are 'on-the-spot'

- 11-12 Cross rock right foot over left, rock back onto left foot

## ½ RIGHT, WALK FORWARD: RIGHT, LEFT, SHUFFLE FORWARD, ¼ RIGHT, LEFT CHASSE

- 13-14 Turn ½ right on left foot & step forward onto right foot, step forward onto left foot  
15&16 Step forward onto right foot, step left foot next to right, step forward onto right foot  
17&18 Turn ¼ right on right foot & step left foot to left side, step right foot next to left, step left foot to side

## STEP BEHIND, ½ LEFT, RIGHT CHASSE, ROCK BEHIND, ROCK FORWARD, 3X SIDE ROCKS

- 19-20 Step right foot behind left, turning ¼ left step forward onto left foot  
21&22 Turn a further ¼ left on left foot - stepping right foot to side, step left foot next to right, step right foot to side  
23-24 Rock left foot behind right, rock forward onto right foot  
25&26 Rock left foot to left side, recover onto right foot, rock onto left foot

## 2X SAILOR SHUFFLE'S, CROSS, UNWIND ½ LEFT

- 27&28 Step right foot behind left, step left foot to side, step right foot to side  
29&30 Step left foot behind right, step right foot to side, step left foot to side  
31-32 Cross step right foot over left, unwind ½ left

## 2X SAILOR SHUFFLES, 3X SIDE ROCKS

- 33&34 Step left foot behind right, step right foot to side, step left foot to side  
35&36 Step right foot behind left, step left foot to side, step right foot to side  
37&38 Rock left foot to left side, recover onto right foot, rock onto left foot

## (MOVING FORWARD) 6X ROCK'S, WALK FORWARD - RIGHT, LEFT

- 39&40 Rock onto right foot in front of left, recover onto left foot, rock onto right foot (in place)  
41&42 Rock onto left foot in front of right, recover onto right foot, rock onto left foot (in place)  
43-44 Step forward onto right foot, step forward onto left foot

## REPEAT

Do not confuse counts 39-42 with counts 1-4 or 7-10, even though they may appear and feel similar. They do have different results.