

Ready To Rock (zh)

Compte: 64

Mur: 4

Niveau: Intermediate



Chorégraphe: Kate Sala (UK) & Robbie McGowan Hickie (UK) - 2011年01月

Musique: Roll Out Of This Hole (feat. Ruby Turner) - Jools Holland & His Rhythm & Blues Orchestra : (CD: Rocking Horse)

前奏 : 16 count intro from main beat 16拍後起跳

第一段 Side Step Right, Behind, & Out, Cross, Side Step Left, Behind, & Out, Cross

- 1-2 Step right to right side. Cross left behind right.
右足右踏, 左足於右足後交叉踏
- &3-4 Jump/step right out to right side. Step left out to left side.
右足右前踏, 左足左前踏
- 5-6 Step left to left side. Cross right behind left.
左足左踏, 右足於左足後踏
- &7-8 Jump/step left out to left side. Step right out to right side.
左足左前踏, 右足右前踏

第二段 Dwight Swivels, Chasse, Diagonal Back Rock

- 1 Swivel left heel to right touching right toe beside left.
左足踵向右旋轉右足趾併點
- 2 Swivel left toe to right touching right heel diagonally forward right. 左足趾向右旋轉右足踵右斜前點
- 3 Swivel left heel to right touching right toe beside left.
左足踵向右旋轉右足趾併點
- 4 Swivel left toe to right touching right heel diagonally forward right. 左足趾向右旋轉右足踵右斜角前點
- 5&6 Step right to right side. Close left beside right. Step right to right side. 右足右踏, 左足併踏, 右足右踏
- 7-8 (Facing left diagonal) Rock back on left. Recover forward onto right. (面向左斜角)左足後下沉, 右足回復

第三段 Diagonal Rocking Chair, Side, Hold With Clap, & Side, Hold With Clap

- 1-2 (Still on left diagonal) Rock forward on left. Recover onto right. (面向左斜角)左足前下沉, 右足回復
- 3-4 Rock back on left. Recover forward onto right. 左足後下沉, 右足回復
- 5-6 (Straightening up to 12:00) Step left to left side. Hold and clap.
(轉正面向12點鐘)左足左踏, 候(拍手)
- &7-8 Step ball of right beside left. Step left to left side. Hold and clap. 右足併踏, 左足左踏, 候(拍手)

第四段 Back Rock, 1/4 Turn, 1/2 Turn, Ball Step, Scuff, Step, Tap

- 1-2 Rock back on right. Recover forward onto left.
右足後下沉, 左足回復
- 3-4 Make 1/4 turn left stepping right back. Make 1/2 turn left stepping left forward. 左轉90度右足後踏, 左轉180度左足前踏
- &5-6 Step ball of right beside left. Step left forward. Scuff right forward. 右足併踏, 左足前踏, 右足前擦踢
- 7-8 Step right forward. Tap left toe behind right heel. (3:00)
右足前踏, 左足趾於右足踵後點(面向3點鐘)

第五段 Shuffle Back, Touch, Reverse Pivot 1/4, & Side, Forward Rock, Walk Back

- 1&2 Step left back. Close right beside left. Step left back.
左足後踏, 右足併踏, 左足後踏
- 3-4 Touch right toe back. Reverse pivot 1/4 turn right (weight onto right). (6:00) 右足趾後點, 右轉90度(重心在右足)(面向6點鐘)
- &5 Step ball of left beside right. Step right to right side.
左足併踏, 右足右踏

6-8 (Facing right diagonal) Rock forward on left. Recover onto right. Walk back on left. (面向右斜角)左足前下沉, 右足回復, 左足後走

第六段 Back, Touch, Step, Touch Out, Touch Across, Kick, Behind, 1/4 Turn

1-2 (Still on right diagonal) Step right back. Touch left toe out to left side. (面向右斜角)右足後踏, 左足趾左點

3-4 (Straightening up to 6:00) Step left forward. Touch right toe out to right side. (轉正面向6點鐘)左足前踏, 右足趾右點

5-6 Touch right toe across left. Kick right diagonally forward right.
右足趾於左足前交叉點, 右足右斜角前踢

7-8 Cross right behind left. Make 1/4 turn left stepping left forward. (3:00) 右足於左足後交叉踏, 左轉90度左足前踏(面向3點鐘)

RESTART: Wall 2: Start dance again from beginning at this point (facing 6:00)

第二面牆跳至此, 面向6點鐘, 從頭起跳

第七段 Step, Pivot 1/2, Forward Shuffle, Forward Rock, 1/2 Turn x2

1-2 Step right forward. Pivot 1/2 turn left. 右足前踏, 左軸轉180度

3&4 Step right forward. Close left beside right. Step right forward. (9:00) 右足前踏, 左足併踏, 右足前踏(面向9點鐘)

5-6 Rock forward on left. Recover onto right. 左足前下沉, 右足回復

7-8 Make 1/2 turn left stepping left forward. Make 1/2 turn left stepping right back. 左轉180度左足前踏, 左轉180度右足後踏

第八段 Toe Strut Back x2, Behind, Hold, Unwind 1/2 Turn, Hold

1-2 Step back on left toe. Drop left heel taking weight.
左足趾後點, 左足踵踏

3-4 Step back on right toe. Drop right heel taking weight.
右足趾後點, 右足踵踏

5-6 Cross left behind right. Hold. 左足於右足後交叉踏, 候

7-8 Unwind 1/2 turn left. Hold. (Weight on left). (3:00)
左繞轉180度, 候(重心在左足)(面向3點鐘)

ENDING: Dance ends Wall 7: Replace counts 7-8 of Section 8 with:

結束: 第七面牆第八段第7-8拍改跳下面舞步

7-8 Unwind 1/4 turn left. Hold and pose (to end facing 12:00)
左繞轉90度, 候(面向12點鐘, 擺姿勢結束)
