

Ready or Not

COPPER KNOB
STEPSHEETS

拍数: 16 墙数: 4 级数: Beginner
编舞者: Lynn Card (USA) - November 2014
音乐: Ready or Not (feat. Lecrae) - Britt Nicole



(No Tags, No Restarts)

Step Out Right, Touch Left Heel Across Right, Step Out Left, Touch Right Heel Across Left (Repeat)

1,2,3,4 Step R to right, Touch L heel across R, Step L to left, Touch R heel across L

5,6,7,8 Step R to right, Touch L heel across R, Step L to left, Touch R heel in across L

(for fun you can clap at the same time you touch your heels across on counts 2, 4, 6, 8, this works especially well during the chorus of the song)

Side Rock Right, Cross Over Left, Hold, Side Rock Left, Cross over Right, Hold, Step Out, ¼ Hinge Turn Left, Run, Run, Step Together, Pump Body Down Up Bending Knees and Arms

1&2,3&4 Rock R to right side, Recover L in place, Cross R over L and hold, Rock L to left side, Recover R in place, Cross L over R and hold

5,6,7&8& Step out on R, Make a ¼ turn left as you step out on L (9 o'clock), Step R forward, Step L forward, Step R next to L bending at the knees as you step together and arms bent at the elbows fists in front of your chest, Straighten up with weight centered.

(Pump your arms as you bend at the knees) See Demo Video

This can be a very beginner/novice dance but if you add hip hop attitude, it turns it up a notch!!

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