

Get Ready!!

拍数: 48 墙数: 4 级数: Improver
编舞者: Alexis Strong (UK) & Laura Sway (UK) - March 2015
音乐: Get Ready - The Overtones



COUNT IN: 24 Counts (Start On Vocals)

[1-8] STEP RIGHT FORWARD TOUCH, STEP LEFT BACK TOUCH, RIGHT ROLLING GRAPEVINE RIGHT STEP TOUCH.

1-2 Step R Forward (1) Touch L To R (2)
3-4 Step Back On L (3) Touch R To L (4)
5-6 Right Rolling Grapevine R, L (5-6)
7-8 Step R To R (7) Touch L To R (8).

[9-16] GRAPEVINE ¼ TURN, SCUFF, JUMP BACK RIGHT, LEFT CLAP, HIP BUMP RIGHT, LEFT.

1-2 Step L To L (1) Cross R Behind L (2)
3-4 Making ¼ Turn L Step On L (3) Scuff R Forward (4)
&5-6 Step Back R (&) Step Back L (5) Clap (6)
7-8 Hip Bump R (7) Hip Bump L (8) FACING 9.00

[17-24] CHASSE RIGHT, LEFT ROCK BACK RECOVER, STEP LEFT, DRAG RIGHT, POINT RIGHT OUT, TOUCH IN.

1&2 Step R To R (1) Step L To R (&) Step R To R (2)
3-4 Rock L Back (3) Recover Forward On R (4)
5-6 Step To L (5) Drag R To L (6)
7-8 Point R Out (7) Touch R To L. FACING 9.00

[25-32] BACK RIGHT SHUFFLE, LEFT ROCK BACK RECOVER, WALK FORWARD, LEFT,RIGHT,LEFT,KICK RIGHT FORWARD.

1&2 Step Back R (1) Step L To R (&) Step Back R (2)
3-4 Rock L Back (3) Recover Forward R (4)
5-6 Walk L (5) Walk R (6)
7-8 Walk L (7) Kick R Forward (8) FACING 9.00

[33-40] BACK CHARLESTON, DIAGONAL R STEP BACK TOUCH, CLAP, DIAGONAL L STEP BACK TOUCH, CLAP.

1-2 Step R Back (1) Touch L Toe Back (2)
3-4 Step L Forward (3) Touch R Toe Forward (4)
5-6 Step R Diagonal Back (5) Touch L To R, Clap (6)
7-8 Step L Diagonal Back (7) Touch R To L, Clap (8) FACING 9.00

[41-48] ½ MONTEREY TURN RIGHT, STOMP LEFT, TWIST HEELS TOES HEELS, CLAP

1-2 Point R to R Side (1) Close R to L Making ½ Turn Right (2)
3-4 Point L to L Side (3) Stomp L Beside R (4)
5-6-7-8 Twist Heels L (5) Toes L (6) Heels Centre (7) Clap (8)

Contact Us

Laura Sway – laura.bates97@yahoo.co.uk or Laurasway@simpl.com
Alexis- alexisteresa04@yahoo.co.uk