I'm Ready For It



拍数: 64 墙数: 2 级数: Easy Novice 编舞者: Sebastiaan Holtland (NL) & Piet - March 2015 音乐: Ready for Love - Olly Murs: (CD: Never Been Better, Deluxe Edition 2014) Intro - 8 counts. (Sequence: 64, 64, 1st Tag, 64, 64, 32, 2nd Tag, 64, 32, ending) (Two Tags & No Restarts)... Sec 1: [1-8] Stamp, Hold, Sailor Step, Jump Both Feet Apart Back, Twisting Heels, & Cross, Hold. 1-2 Stamp Rt out to right, Hold. 3&4 Step Lt behind Rt, step Rt to the Rt, step Lf to the left take weight onto both feet. &5&6 Jump both feet apart (&5), twisting both heels out, twisting both heels back to centre. &7-8 Step Rt back, cross Lt over Rt, Hold (Optional: holding your hands across your chest). Sec 2: [9-16] Side Rock, Recover, Cross Shuffle, Side Rock, Recover, 1/4 Sailor Turn R. 1-2 Rock Rt to the right, recover on Lt. 3&4 Cross Rt over Lt, step Lt slightly to left, cross Rt over Lt. 5-6 Rock Lt to the left, recover on Rt. 7&8 Step Lt behind Rt, turn 1/4 right (3) step Rt to the right, step Lt slightly fwd. Sec 3: [17-24] Brush Fwd, Brush Back Hook, Shuffle Fwd, Point, ¼ L, Hook, Lock Step Fwd. 1-2 Brush right forward, Brush right toe back as hook right over left. 3&4 Step Rt fwd, step Lt next to Rt, step Rt slightly fwd. 5-6 Point Lt out to left, turn 1/4 left (12) hook Lt up across Rt. 7&8 Step Lt fwd, lock Rt behind Lt, step Lt slightly fwd. Sec 4: [25-32] Stamp Out, Stamp Out, 3 Travelling Swivels (Rambles), Sailor Step, Point Back, Unwind ½ L. 1-2 Stamp Rt out to right, stamp Lt out to left. 3&4 Moving to left side: Swivel both heels to left, both toes to left, both heels to left weight onto Lt. 5&6 Step Rt behind Lt, step Lt to left, step Rt to right. 7-8 Point Lf back, unwind ½ left (6) take weight onto Lf. **2nd Tag here WALL 5 after 32 count (facing 12 o'clock), after start again (facing 12 o'clock). Sec 5: [33-40] Side Rock, Recover, Sailor Step, Dip, Kick, ½ Triple Turn R. 1-2 Rock Rt to the right, recover on Lt. 3&4 Step Rt behind Lt, step Lt to left, step Rt to right take weight onto both feet. 5-6 Bend both knees, then come up and kick Rt diagonal fwd. 7&8 Triple 1/2 right (12) step Rt slightly fwd, step Lt beside Rt, step Rt slightly fwd. Sec 6: [41-48] Fwd Rock, Recover, ½ Triple L, Touch & Touch, 1/8 L, Back Rock, Recover. 1-2 Rock Lt fwd, recover on Rt. 3&4 Triple 1/2 left (6) step Lt slightly fwd, step Rt beside Lt, step Lt slightly fwd. 5&6 Touch Rt out to right, step Rt next to Lt, touch Lt out to left. &7-8 Turn 1/8 left step Lt slightly back, rock Rt back, recover on Lf (diagonal). Sec 7: [49-56] Walks Fwd R-L, 3/8 Shuffle Turn L Back, Back Rock, Recover, Kick ball Step. On the diagonal walk Rt fwd, walk Lt fwd. 1-2 3&4 Turn 3/8 left (12) step Rt back, step Lf next to left, step Rt back. 5-6 Rock Lt back, recover on Rt. 7&8 Kick Lt slightly diagonal fwd, step Lt back in place on ball, step Rt fwd.

Sec 8: [57-64] Fwd Rock, Recover, ¼ L, L Chasse ¼ L, R Jazz Box.

1-2 Rock Lt fwd, recover on Rt.

3&4 Turn ¼ left (9) step Lt to the left, step Rt next to Lt, turn ¼ left (6) step Lt fwd.

5-8 Cross Rt over Lt, step Lt back, step Rt to the right, step Lt slightly fwd.

*1st Tag here WALL 2 after 64 count (facing 6 o'clock), after start again (facing 12 o'clock).

*1st Tag: 2x ½ pivot turn L.

1-4 Step Rt fwd, turn ½ left take weight onto Lt, step Rt fwd, turn ½ left take weight onto Lt (12:00)

**2nd Tag: 2x ¼ Pivot turn L, R Jazz Box.

1-4 Step Rt fwd, turn ¼ left take weight onto Lt, step Rt fwd, turn ¼ left take weight onto Lt.

5-8 Cross Rt over Lt, step Lt back, step Rt to the right, step Lt slightly fwd. (12:00)

Start again and have fun!

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