

I'm Ready

COPPER KNOB
BYEPOSTETS

拍数: 32 墙数: 4 级数: Intermediate / Advanced
编舞者: Amy Glass (USA) - January 2015
音乐: Ready for the Good Life - Paloma Faith : (iTunes)



#16 count intro; dance starts on lyrics

[1-8] □ Cross, Side Rock Cross, Side R, Weave, ¼ L Back-Together, Forward R

1 Cross R over L
2&3 Rock L to L side, recover weight on R, Cross L over R
4 Step R to R side
5&6 Step L behind R, R to R side, Cross L over R
&7 Turn ¼ L stepping back R, Step L next to R straightening both legs
8 Step forward R (9:00) [treat this as a prep for the upcoming turn]

[9-16] □ Full turn R, Forward R, Pivot ½ R on Ball of L, Forward R, ½ L Modified Jazz Box, Forward L

1-2 Step L forward making a full turn R on ball of L, Step R forward [Option: remove the turn walking forward L] (9:00)
&3 Step L forward turning ½ R on ball of L, Step R forward (3:00)
4-5-6-7 Step L forward, Turn ¼ L stepping R to R side, Turn ¼ L stepping L beside R, Step R forward (9:00)
8 Step L slightly forward

[17-24] □ Sway R, L, Behind Side Cross & Cross, L Mambo to Diagonal, Step back R

1-2 Big sway R, L [with knees bent]
3&4&5 Step R behind L, L to L side, Cross R over L, Step on ball of L to L side, Cross R over L
6&7 Rock forward L to diagonal, Recover weight on R, Step slightly back L (7:30)
8 Step R back squaring up to 6:00

[25-32] □ Step Drag (¼ L), Rock Recover Step ¼ R, Chase ½ R, Rolling Full Turn L, Rock Recover ¼ L

1 ¼ L taking big step L while dragging R heel (3:00)
2&3 Rock back R behind L, Cross L over R, Turn ¼ R stepping forward R (6:00)
4&5 Forward L, Pivot ½ R, Step forward L (12:00)
6-7 Full turn L stepping back R, Forward L (12:00)
8& Rock forward R, Recover weight on L while turning ¼ L (9:00)

Restarts (2): Both occur after 16 counts on walls 4 (facing 12:00 when the Restart happens) and 9 (facing 9:00 when the Restart happens.)

Tip. Normally, you'll step forward on count 16. Make a small step slightly to the L to be ready to cross over for count 1.

Ending: The dance ends after completing 11 walls. You would have started wall 12 facing 3:00, but instead, for count 1, over rotate ¼ L to the 12:00 wall.

Overall styling: Think Funky West Coast Swing. Don't be afraid to add upper-body styling to the footwork.

Have fun!

Contact: amyleeanne@gmail.com