

# I'm Ready

COPPER KNOB  
BYEFOURTEEN

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!

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