

Overtones Get Ready

拍数: 48 墙数: 2 级数: Improver
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音乐: Get Ready - The Overtones



Intro 24 counts, start on count 25 when vocals begin.

Section 1: (1-8) Right kick, kick coaster step. Left Kick kick coaster step.

1-2 Kick Right foot forward then to the right
3&4 Right foot down, left beside right, right foot down.
5-6 Kick Left foot forward then to the left
7&8 Left foot down, right beside left, left foot down.

Section 2: (9-16) Rock forward on right, recover on left, ½ turn right, shuffle forward then Left and right toe strut

1-2 Rock forward on right and recover on the left.
3&4 ½ Turn over the right shoulder and shuffle forward
5-6 Touch left toe forward then put weight back on the left.
7-8 Touch right toe forward then put weight back on right.

Section 3: (17-24) Walk forward L/R, left Kick ball step, rock forward left, recover right then ½ left shuffle forward.

1-2 Step forward on left, then step forward on right.
3&4 Kick Left foot forward then step ball of left foot beside right, step forward on right.
5-6 Rock forward on the left, recover on the right
7&8 ½ turn over the left shoulder, step left foot forward, bring right up to left, shuffle left forward.

Section 4: (25-32) Full turn in two over left shoulder, right shuffle forward, Rock forward left then back onto right and then left coaster step.

1-2 Make ½ turn over left shoulder stepping back on right then make ½ turn over left stepping forward on the left foot.
3&4 Right shuffle forward step right foot forward, bring left up to left, shuffle right forward.
5-6 Rock forward on the left, recover on the right
7&8 step left beside right, step right beside left, put weight back on the left.

Section 5: (33-40) Two ¼ Monterey turns over the right shoulder

1-2 Touch right out to right side then back to left.
3-4 Pivot ¼ turn to the right then touch left out to left side then bring back to right.
5-6 Touch right out to right side then back to left.
7-8 Pivot ¼ turn to the right then touch left out to left side then bring back to right.

Section 6: (41-48) Cross right over left into cross side sailor step, cross left over right into cross side sailor step.

1-2 Step right over left, step left to left side.
3&4 Step right behind left, step left beside right, step right beside left
1-2 Step left over right, step right to right side.
3&4 Step left behind right, step right beside left, step left beside right

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