

Yes. I'm Ready

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 1 级数: Phrased Intermediate
编舞者: Darcie DeAngelis (USA) - July 2016
音乐: Messin' Around (feat. Enrique Iglesias) - Pitbull



Count in: 16 counts - Phrasing: AA BC AA BD CA AB D□□

A: 16 counts

(A1-8) R Step Side, Back Rock, Recover, 1/2 Turn, Side, Cross, Sweep 1/2 Turn, Cross Side Cross, Rock 1/4 Turn, Recover

- 1 2& Step R to R side (1) Rock L behind R (2) Recover weight to R (&)
3 4& Making 1/2 turn R, step L side (3) Step R to R side (4) Cross L over R (&)
5 Making 1/4 turn R, step R forward while sweeping L back to front 1/4 turn R, end facing 12:00 (5)
6&7 Cross L over R (6) Step R to R (& Cross L over R (7)
8& Making 1/4 turn R, rock R forward (8) Recover L (&)

(A9-16) Step Back with Sweep, Behind Side Cross, 3/4 Chase Turn, Walk L R, Side Rock, Recover, Cross

- 1 Step R back, sweeping L front to back (1)
2&3 Cross L behind R (2) Step R to R (& Cross L over R (3)
4&5 Making 1/4 turn R, step R forward (4) Step L forward (& Making 1/2 turn R, step R down □ in place (5)
6 7 Step L forward (6) Step R forward (7)
&8& Rock L to L side (& Recover R (8) Cross L over R (&)

B: 16 counts

(B1-8) R Step, L Touch, L Step, Touch R In Out In, R Step, L Touch, L Step, R Touch, R Step, Touch L In Out In, L Step

- 1&2 Step R slightly forward and diagonal (1) Touch L next to R (&) Step L slightly forward and diagonal (2)
&3&4 Touch R next to L (&) Touch R out and diagonal/back (3) Touch R next to L (&) Step R slightly back/diagonal (4)
&5&6 Touch L next to R (&) Step L slightly back and diagonal (5) Touch R next to L (&) Step R slightly back/diagonal (6)
&7&8 Touch L next to R (&) Touch L out to L side (7) Touch L next to R (&) Step L to L side (8)

(B9-16) Rock, Recover, Side, L Sailor, Sailor Full Turn, Unwind

- 1&2 Rock R forward (1) Recover L (&) Big step R to R side (2)
3&4 Step L behind R (3) Step R to R (&) Step L to L and slightly forward (4)
5&6 Making a full turn R, step R behind L (5) Step L in place (&) Step R over L, finishing with R crossed over L (6)
7 8 Unwind over L, weight finishing L (7 8)

C 48 counts

(C1-8) Diagonal step, Together, Back,Back, Cross, Side Step, Side Body Roll, Hp Swivel, Ball Cross, 1/4, 1/4

- 1 2& Step R to 1:30 diagonal (1) Step L next to R (2) Step R back (&)
3 4 Step L back (3) Cross R over L (4)
5 Step L to L side with side body roll, weight to L, popping R knee with R heel up (5)
6&a 7 Swivel R hip up, pivoting on R toe, bringing R heel up and out (6) Return to previous position (&) Step down on ball of R (a) Cross L over R (7)
8& Making 1/4 turn R, step R forward to 3:00 (8) Making 1/4 turn R, stepping L to L side (&)

(C9-16) 1/2 Turn with Cross, Side Rock Recover, Cross, Side Rock Recover, Weave, Side Rock Recover

Cross

- 1 Rotate 1/2 turn R to 12:00, picking R up and replacing in same position with R crossed over L (1)
- 2&3 Rock L to L side (2) Recover R (&) Cross L over R (3)
- 4& Rock R to R side (4) Recover L (&)
- 5&6& Cross R over L (5) Step L to L side (&) Cross R behind L (6) Step L to L side (&)
- 7&8& Cross R over L (7) Rock L to L side (&) Recover R (8) Cross L over R (&)

(C17-24) Step, Hitch, Chest Pop, Hitch, Back, Hitch, Back, Hitch, Side, Hip Dip/Circle, L Foot Slide In, Up, Out

- 1&2 Step R to R side (1) Hitch L knee to 10:30 diagonal (&) Step R down with knees bent facing 10:30 (2)
- &3 Push chest forward, slightly straightening knees (&) Contract chest in, slightly bending knees, bringing weight to L (3)
- &4&5 Hitch R (&) Step R back and to R diagonal (4) Hitch L (&) Step L back/diagonal (5)
- &6 Hitch R (&) Step R to R side, pushing hips R (6)
- 7 Circle hips in counterclockwise directions (L/down/R), ending with weight R (7)
- &8 Slide L foot on floor toward R, slide L foot along lower R leg to mid calf (&) Step L to L (8)

(C25-32) Heel Grind, Heel Grind, Back, Knee Pop,L Coaster, Kick Step Hook Unwind

- 1&a Grind R heel in front of L foot (1) Recover weight to L (&) Step R next to L (a)
- 2&3& Grind L heel in front of R foot (2) Recover weight to R (&) Step L back (3) Step R back with knees slightly bent (&)
- 4& Pop both knees up and forward, raising both heels (4) return to previous position (&)
- 5&6 Step L back (5) Step R next to L (&) Step L forward (6)
- 7&a 8 Kick R forward (7) Step down on R (&) Hook L behind R (a) Unwind full turn, weight ending L (8)

(C33-40) Paddle 1/2 Turn, Step Lock Step, 1/2 Turn, 1/2 Turn

- 1 2 Make 1/8 turn L touching R to R side (1) Make 1/8 turn L touching R to R side (2)
- 3 4 Make 1/8 turn L touching R to R side (3) Make 1/8 turn L touching R to R side (4)
- 5&6 Making 1/8 turn L to 4:30, step R forward (5) Lock L behind R (&) Step R forward (6)
- 7&8 Step L forward (7) Making 1/2 turn R, step R forward (&) Making 1/2 turn R, step L back (8)

(C41-48) Back Step Lock Step, 1/4 Turn, 1/8 Cross, Full Turn Volta

- 1&2 Step R back (1) Lock L over R (&) Step R back (2)
- 3&4 Step L back (3) Making 1/4 turn L, Step R next to L (&) Making 1/8 turn L to 12:00, cross L over R (4)
- 5&6& Making full rotation over next 4 counts, cross R over L (5) L to L (&) Cross R over L (6) L to L (&)
- 7&8& Cross R over L (7) L to L (&) Cross R over L (8) Step L next to R (&)

D 16 counts

(D1-8) Pointing Toward Self & Out with Lyrics

- 1 2 3 4 Step down R, pointing to self (1 2) Direct out "to crowd" at 12:00 (3 4)
- 5 6 7 8 Facing 3:00, point to self (5 6), Point out (7 8)

(D9-16) Pointing Toward Self & Out with Lyrics

- 1 2 3 4 Facing 9:00, point to self (1 2) Point out "to crowd" at 12:00 (3 4)
- 5 6 7 8 Facing 6:00, point to self (5 6), Point out (7) Return facing 12:00 with weight on L (8)
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