

# Are You Ready

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: Des Ho (SG) - August 2016  
音乐: Buckle Up 'n' Chuggeluck - Cecil Jonni Lauro



Intro: 20-count Intro [0:09] □

Sequence: Start with a 16-count opening before commencement of main dance. □

Opening: 16-Count

[S1-S8] □ Knee Pop Side Step R, Knee Pop Side Step L [12:00]

- 1                      Angle body diagonal R, step R to R and pop R knee out (R arm to R free style)
- 2                      Step L next to R & lower R arm
- 3                      Angle body diagonal R, step R to R and pop R knee out (R arm to R free style)
- 4                      Touch L toes next to R & lower R arm
- 5                      Angle body diagonal L, step L to L and pop L knee out (L arm to L free style)
- 6                      Step R next to L & lower L arm
- 7                      Angle body diagonal L, step L to L and pop L knee out (L arm to L free style)
- 8                      Touch R toes next to L & lower arm

[S9-S16] □ Out, Out In In, Rocking Chair

- 1 - 2                      Stomp R forward out to R, Stomp L out to L
- 3 - 4                      Step back in on R, Step L next to R
- 5 - 6                      Rock R forward, Recover on L
- 7 - 8                      Rock back on R, Recover on L

Main Dance: 32-Count

[1 - 8] □ Walk, Walk, Anchor Step, Back, Back, Coaster Step [12:00]

- 1 - 2                      Walk forward on R, Walk forward on L
- 3 & 4                      Lock R behind L, Rock L forward, Recover on R
- 5 - 6                      Skate back on L, Skate back on R
- 7 & 8                      Step back on L, Step R next to L, Step L forward

[9 - 16] □ Hip Roll 1/4 Turn, Hip Roll 1/4 Turn, Cross Shuffle, 1/4 Turn Forward Shuffle [3:00]

- 1 - 2                      Step R forward, hip roll CCW & make 1/4 L weigh on R, Step L in place [9:00]
- 3 - 4                      Step R forward, hip roll CCW & make 1/4 L weigh on R, Step L in place [6:00]
- 5 & 6                      Cross R over L, Step L next to R, Cross R over L
- 7 & 8                      Make 1/4 L stepping L forward, Step R next to L, Step L forward [3:00]

[17-24] □ Point Cross, Side Rock Cross, Side Back Rock, Side Back Rock [3:00]

- 1 - 2                      Point R toes to R side, Cross R over L
- 3 & 4                      Rock L to L side, Recover on R, Cross L over R
- 5 & 6                      Step R to R, Rock L behind R, Recover on R (with attitude)
- 7 & 8                      Step L to L side, Rock R behind L, Recover on L (with attitude)

[25-32] □ Forward Rock, 1/2 Turn Forward Shuffle, Pivot 1/2 Turn, Forward Shuffle [3:00]

- 1 - 2                      Rock R forward, Recover on L
- 3 & 4                      Make 1/4 R stepping R to R, Step L next to R, Make 1/4 R stepping R forward [9:00]
- 5 - 6                      Step L forward, Pivot 1/2 R weigh on R [9:00]
- 7 & 8                      Step L forward, Step R next to L, Step L forward [3:00]

Repeat & Have Fun!

Tag 1 happens at end of Wall 1 (facing 3:00) & Wall 6 (facing 6:00)

**[T1-T8] □ Jump to R, Jump to L, Out, Out, In In**

&1-2            Jump R forward to diagonal R, Tap L toes next to R, Hold

&3-4            Jump L to L side, Tap R toes next to L, Hold

5 - 6            Stomp R forward out to R, Stomp L out to L

7 - 8            Step back in on R, Step L next to R

**Tag 2 happens at end of Wall 5 (facing 3:00) & Wall 8 (facing 12:00)**

**[T1-T4] □ Rocking Chair**

1- 2            Rock R forward, Recover on L

3- 4            Rock back on R, Recover on L

**Ending Option**

**During Wall 9, dance up to 28 counts and change 29th to 31th counts as follow:**

**[25-31] □ Forward Rock, 1/2 R Forward Shuffle, 1/4 R Side Rock Cross [12:00]**

1-2            Rock R forward, Recover on L

3&4            Make 1/4 R stepping R to R side, Step L next to R, Make 1/4 R stepping R forward [9:00]

567            Make 1/4 R & rock L to L side [12:00], Recover on R, Cross L over R & Pose!

**Contact choreographer for music & query at [beaverct@gmail.com](mailto:beaverct@gmail.com)**

**Last update: 16 Aug 2016**

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