

Born Ready (P)

拍数: 32 墙数: 0 级数: Improver Partner
编舞者: Gerry Frazer (USA) - September 2018
音乐: Born Ready - Steve Moakler



Alt.Music (slower beat for easier learning): Down to the Honky Tonk by Jake Owen

Choreographed for Brookline Country Boots Workshop, 20Oct2018. Thanks to Karen Kirker and Deb Hiett for step reviews and creative contributions.

Start facing FLOD, man on inside, lady on outside, single handhold, opposite footwork except as noted. No tags, no restarts. Step rhythm remains the same for the entire dance (triple-step, step, step).

[1-8](MAN) SMALL SHUFFLE (L-R-L), WALK, WALK, SHUFFLE, WALK WALK

- 1&2,3,4 Very small shuffle forward L-R-L (small to allow lady to get out in front), step R forward, step L forward (FLOD, facing partner)
- 5&6,7,8 Shuffle forward R-L-R while turning lady (man now on inside, lady on outside), step L forward, step R forward (FLOD, man on inside)

[1-8](LADY) 1/2 TURN SHUFFLE (R-L-R), BACK, BACK, 1/2 TURN SHUFFLE, PREP, 1/2 TURN

- 1&2,3,4 Turn 1/2 L and shuffle back R-L-R (BLOD, lady positions herself directly in front of man), step L back, step R back
- 5&6,7,8 Turn 1/2 L and shuffle forward L-R-L (FLOD, lady now on outside), step R forward with toes pointing to outside, turn 1/2 R and step L back (BLOD, lady remains on outside)

HANDS: On count 2, change to closed social position with man's out-stretched left joined to lady's out-stretched right. On count 5, joined hands pass over lady's head. On count 8, joined hands again pass over lady's head and partners go into double handhold.

[9-16](MAN) 1/2 TURN SHUFFLE (L-R-L), BACK, 1/2 TURN, SHUFFLE, 1/4 TURN, BEHIND

- 1&2,3,4 Turn 1/2 R and big shuffle back L-R-L (BLOD, man on inside), step R back, turn 1/2 L and step L slightly forward (FLOD, man on inside)
- 5&6,7,8 Shuffle R-L-R, turn 1/4 R and step L to side, cross R behind L (OLOD, facing lady)

[9-16](LADY) 1/2 TURN SHUFFLE (R-L-R), STEP, 1/2 TURN, SHUFFLE BACK, 1/4 TURN, CROSS

- 1&2,3,4 Turn 1/2 R and small shuffle forward R-L-R (FLOD, lady on outside), step L forward, turn 1/2 L and big step back on R (BLOD, lady on outside)
- 5&6,7,8 Shuffle back L-R-L, turn 1/4 R and step R to side, cross L over R (ILOD, facing man)

HANDS: Double handhold throughout this 8-count sequence. On count 1, man's L arm extends toward outside in front of lady, and lady's L arm extends toward inside in front of man. On count 4, man's R arm extends toward outside in front of lady, and lady's R arm extends toward inside in front of man. On count 7, change to simple double handhold at waist level (no arms extended).

Note: For [17-24], optional simplified steps (no turning or criss-crossing) are described at end of this section.

[17-24](MAN) 1/4 L-TURN AND SHUFFLE (L-R-L), 1/4 R-TURN, 1/4 R-TURN, 1/4 R-TURN AND SIDE SHUFFLE (R-L-R), STEP, STEP

- 1&2,3,4 Turn 1/4 L and shuffle forward L-R-L, turn 1/4 R and step R forward toward OLOD (crossing LOD behind lady), turn 1/4 R and step L back (BLOD, man on outside)
- 5&6,7,8 Turn 1/4 R and shuffle to side R-L-R (ILOD, man on outside facing lady), turn 1/8 R and step L forward (crossing LOD behind lady), turn 1/8 R to face FLOD and step R forward (FLOD, man on inside)

[17-24](LADY) 1/4 R-TURN AND SHUFFLE (R-L-R), 1/4 R-TURN, 1/4 R-TURN, 1/4 L-TURN AND SIDE SHUFFLE (L-R-L), STEP, STEP

- 1&2,3,4 Turn 1/4 R and shuffle forward R-L-R, turn 1/4 R and step L back toward ILOD (crossing LOD in front of man), turn 1/4 R and step R slightly back (BLOD, lady on inside)
- 5&6,7,8 Turn 1/4 L and shuffle to side L-R-L (OLOD, lady on inside facing man), turn 1/8 L and step R forward (crossing LOD in front of man), turn 1/8 L to face FLOD and step L forward (FLOD, lady on outside)

HANDS: On count 1 drop man's left and lady's right. On count 3 joined hands (man's right, lady's left) go over lady's head as man crosses LOD toward outside and lady crosses LOD toward inside. On count 4 joined hands go over man's head as both step back. On count 7 joined hands go over lady's head as partners again cross over LOD.

[17-24](OPTIONAL SIMPLIFIED STEPS FOR BOTH MAN AND LADY, BEGINNING WITH MAN'S L AND LADY'S R) TURN 1/4 TO FACE FLOD AND SHUFFLE FORWARD, STEP, LOCK, SHUFFLE FORWARD, WALK, WALK

[25-32](MAN) 1/4 R-TURN SIDE SHUFFLE (L-R-L), TOUCH HANDS, HOLD, 1/4 R-TURN SAILOR, STEP, PIVOT R

- 1&2,3,4 Turn 1/4 R and shuffle to side L-R-L, touch hands with partner, hold
- 5&6,7,8 Sweep R in clockwise arc as you turn 1/4 R and step R behind L, step L slightly to side, step R slightly forward, step L forward, turn 1/2 R and step R forward

[25-32](LADY) 1/4 L-TURN SIDE SHUFFLE (R-L-R), TOUCH HANDS, HOLD, 1/4 L-TURN SAILOR, STEP, PIVOT L

- 1&2,3,4 Turn 1/4 L and shuffle to side R-L-R, touch hands with partner, hold
- 5&6,7,8 Sweep L in counter-clockwise arc as you turn 1/4 L and step L behind R, step R slightly to side, step L slightly forward, step R forward, turn 1/2 L and step L forward

HANDS: On count 1 drop joined hands. On counts 3 and 4 touch hands with partner (shoulder level, palm to palm). On count 8 resume single handhold (man's R, lady's L).

REPEAT

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