

Get Ready

拍数: 48 墙数: 4 级数: Beginner
编舞者: Laura Rittenhouse (AUS) - July 2019
音乐: Get Ready - The Temptations



Start with lyrics at 10 seconds

ROCK FORWARD WITH HITCH

1,2,3,4 Rock forward R, Recover back L, Rock forward R, Hitch L knee & clap
5,6,7,8 Rock forward L, Recover back R, Rock forward L, Hitch R knee & clap

WALK BACK 4 STEPS WITH HITCHES

1,2,3,4 Step back on R, Hitch L knee & clap, Step back on L, Hitch R knee & clap
5,6,7,8 Step Back on R, Hitch L knee & clap, Step back on L, Hitch R knee & clap

VINE RIGHT, STEP FORWARD & BACK

1,2,3,4 Step R to R, Cross L behind R, Step R to R, Touch L beside R
5,6,7,8 Step L forward, Touch R beside L, Step R back, Touch L beside R

VINE LEFT, STEP BACK & FORWARD

1,2,3,4 Step L to L, Cross R behind L, Step L to L, Touch R beside L
5,6,7,8 Step R back, Touch L beside R, Step L forward, Touch R beside L

K CLAP

1,2,3,4 Step forward with R at 45° angle to R, Touch L beside R & clap, Step back with L at 45° angle to L, Touch R beside L & clap
5,6,7,8 Step back with R at 45° angle to R, Touch L beside R & clap, Step forward with L at 45° angle to L, Touch R beside L & clap

TWO STEP CORNER TURN

1,2,3,4 Step forward with R at 45° angle to R facing 10:30, Step L beside R, Step forward with R at 45° angle to R, Step L beside R
5,6,7,8 Step back with L at 45° angle to L facing 10:30, Step R beside L, Step back with L at 45° angle to L, Step R beside L turning to 9:00