

Get Ready

COPPERKNOB
BY STEPHEN

拍数: 80 墙数: 4 级数: Phrased Intermediate
编舞者: Wallace Benoit (CAN) - February 2020
音乐: Get Ready (feat. Blake Shelton) - Pitbull



Sequence: A,A,A,B,A,A,A,B,A,A,C,C,C,C+,A,A (the music will guide you)

A (12:00), A (3:00), A (6:00), B (9:00), A (9:00), A (12:00), A (3:00), B (6:00), A (6:00), A (9:00),
C (12:00), C (12:00), C (12:00), C+ (12:00), A (12:00), A (3:00)

Start dance on lyrics "Whoa, get ready"

Part "A" (32 count)

R Heel Grind – 1/4 Turn R – Right Coaster – L Heel Grind – 1/4 Turn Left – Left Coaster

1,2 Rock forward R heel twisting toe from L to R making 1/4 turn R, recover back on LF (3:00)
3&4 Step back RF, step LF next to RF, step forward RF
5,6 Rock forward L heel twisting toe from R to L making 1/4 turn L, recover back on RF (12:00)
7&8 Step back LF, step RF next to LF, step forward LF

Shuffle Forward (R/L/R) – Step L – Pivot 1/2 Right – Shuffle Forward (L/R/L) – R Side Rock – Recover L

1&2 Step RF forward, Step LF next to RF, Step RF forward
3,4 Step LF forward, Make 1/2 pivot turning R (6:00)
5&6 Step LF forward, Step RF next to LF, Step LF forward
7,8 Step RF to R side, Recover back on LF

Cross Shuffle (R/L/R) – L Side Rock – Recover R – Behind/Side/Cross – R Side Rock – 1/4 Turn L

1&2 Cross RF over LF, Step LF to L side, Cross RF over LF
3,4 Rock LF to L side, Recover back on RF
5&6 Cross LF behind RF, Step RF to R side, Cross LF in front of RF
7,8 Rock RF to R side, Recover on LF making 1/4 turn L (3:00)

R Heel – Step Together - L Heel – Step Together - R Heel – R Hook – R Heel – Step Together - L Heel – Step Together - L Heel – Step Together - L Heel – L Hook - Step L

1&2 Touch R heel forward, Step RF next to LF, Touch L heel forward
&3&4 Step LF next to RF, Touch R heel forward, Hook RF across L shin, Touch R heel forward
&5&6 Step RF next to LF, Touch L heel forward, Step LF next to RF, Touch R Heel forward
&7&8 Step RF next to LF, Touch L heel forward, Hook LF across R shin, Step forward LF

Part "B" (16 Count)

Step R Diagonal with Hip Bumps Forward(4) - Recover L with Hip Bumps Backward(4)

1&2&3&4 Step RF forward diagonal (10:30) bending knees slightly and placing right hand behind right ear and left hand on left hip, complete 4 quick right hip bumps forward
5&6&7&8 Recover on LF, keeping knees slightly bent and placing left hand behind left ear and right hand on right hip, complete 4 quick left hip bumps backward

Circular Hip Roll x 2 – Drag/StepTogether – Hold

1,2 Placing L hand back on L hip, Roll hips forward counter-clockwise placing weight on RF (1) and then finish the roll back placing weight back on LF (2)
3,4 Roll hips forward counter-clockwise placing weight on RF (1) and then complete the roll placing weight back on LF (2)
5,6,7,8 Drag RF next to LF (5,6), Hold placing hands in air (7,8)

Part "C" (16 Count)

"V" Step x 2

- 1,2,3,4 Step RF forward onto R diagonal, Step LF forward onto L diagonal, Step RF back to center, Step LF next to RF
- 5,6,7,8 Step RF forward onto R diagonal, Step LF forward onto L diagonal, Step RF back to center, Step LF next to RF

Side/Together/Side/Hitch x 2

- 1,2,3,4 Step RF to R Side, Step LF next to RF, Step RF to R Side, Hitch L knee slightly diagonally left pushing palms into the air.
- 5,6,7,8 Step LF to L Side, Step RF next to LF, Step LF to L Side, Hitch R knee slightly diagonally right pushing palms into the air.

Part "C+" (16 Count)

"V" Step x 2

- 1,2,3,4 Step RF forward onto R diagonal, Step LF forward onto L diagonal, Step RF back to center, Step LF next to RF
- 5,6,7,8 Step RF forward onto R diagonal, Step LF forward onto L diagonal, Step RF back to center, Step LF next to RF

Paddle Turns – Step Together – Hold – Hold Raising Hands - Hold

- 1&2&3&4& Step R toe forward, 1/4 turn left transferring weight to LF (x4) (12:00)
- 5,6,7,8 Step RF next to LF, Hold, Hold Raising Hands in Air, Hold
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