

# 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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