

Get Ready To Ride

COPPERKNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Get Ready (feat. Blake Shelton) - Pitbull



Intro: 32 Counts

Sequence: 64, 48, 64, 48, 64, Tag, 64

[01 – 08]: Side Rock, Sailor ¼ Turn, ¼ Step, ¼ Step, Weave

1-2 Rock right to right, recover weight to left
3&4 Step right behind left, step left to left, turn ¼ left step right to right (9:00)
5-6 Turn ¼ left step left to left, turn ¼ left step right to right (3:00)
7&8 Step left behind right, step right to right, cross left over right

[09 – 16]: ¼ Step, ½ Step, Pony Step, Out, Out, Hold, Out, Out

1-2 Turn ¼ right step right forward, turn ½ right step left back (12:00)
3&4 Step right back pop left knee, recover weight onto left, step right back pop left knee
5-6 Step left to left diagonal, step right to right
7&8 Hold, step left forward, step right to right

Optional Arms:-

5 Punch left arm forward
6 Punch right arm up
7 Hold
&8 Circle right arm over head in a lasso motion

[17 – 24]: Back Sweep, Back Sweep, Pony Step, Step Lock, ½ Turn Bounce

1 Step left back sweeping right from front to back
2 Step right back sweeping left from front to back
3&4 Step left back pop right knee, recover weight onto right, step left back pop right knee
5-6 Step right forward, lock left behind right
7-8 Bounce heels twice making ½ turn left (6:00)

[25 – 32]: ½ Turn Bounce, Side Rock, Weave ½ Turn, Hold, In, In

1-2 Bounce heels twice more making a further ½ turn left (12:00)

(Counts 23-26 complete a full bounce turn left)

3-4 Rock right to right, recover weight to left
5&6 Step right behind left, turn ¼ left step left forward, turn ¼ left step right to right (6:00)
7&8 Hold, step left to centre, step right beside left

[33 – 40]: Swivel &, Swivel ¼ Turn, Coaster Step, Walk, Walk, Triple Full Turn

1& Swivel right toe to right left heel to left, recover to centre,
2 Swivel right toe to right left heel to left making ¼ turn right (9:00)
3&4 Step right back, step left beside right, step right forward
5-6 Step left forward, step right forward
7&8 Turn 1/2 left step left forward, step right forward, turn ½ left step left forward (9:00)

[41 – 48]: Hitch Back Rock, Back Shuffle, ¼ Side Rock Cross, Hold, Knees pop

&1-2 Hitch right knee, rock right back, recover weight to left
3&4 Step right back, step left beside right, step right back
5&6 Turn ¼ left rock left to left side, recover weight to right, cross left over right (6:00)
7&8 Hold, pop both knees forward (raising heels), return to place (straighten knees, drop heels)

*****RESTART Walls 2 (facing 6:00) & 4 (facing 12:00)*****

[49 – 56]: Heel Grind ¼ Turn, Coaster Step, Cross, Full Unwind, ½ Turn Shuffle

- 1-2 Touch right heel to right, grind right heel turn ¼ right taking weight onto left (9:00)
- 3&4 Step right back, step left beside right, step right forward
- 5-6 Cross left over right, unwind full turn right keep weight on left (9:00)
- 7&8 Turn ¼ right step right forward, step left beside right, turn ¼ right step right forward (3:00)

[57 – 64]: Shuffle, Rock Recover, Coaster Step, Look, ¼ Turn Bounce

- 1&2 Step left forward, step right beside left, step left forward
- 3-4 Rock right forward, recover weight back on to left
- 5&6 Step right back, step left beside right, step right forward
- 7&8 Hold turning head to look left, bounce heels twice making ¼ turn left (12:00)

Tag after wall 5 (danced on the 1:30 / 7:30 diagonals) consists of 16 counts repeated 4 times

[01 – 08]: Walk Walk, Shuffle, Rock Recover Coaster Step

- 1-2 Turn ⅛ right step right forward, step left forward
- 3&4 Step right forward, step left beside right, step right forward
- 5-6 Rock left forward, recover weight back on to right
- 7&8 Step left back, step right beside left, step left forward

[09 – 16]: ½ Turn Walks, Jazz Box Flick

- 1-2 Step right forward, turn ¼ left step left forward
- 3-4 Step right forward, turn ¼ left step left forward

*****On 4th repetition square up to the front wall on count 4 and replace the next 4 counts with the gallop section*****

- 5-6 Cross right over left, step left back
- 7-8 Step right to right side, step left forward flick right foot back

[13 – 16]: Gallop X 4 (4th repetition only)

- &5 Step right forward, step left shoulder width apart
- &6 Step right forward, step left shoulder width apart
- &7 Step right forward, step left shoulder width apart
- &8 Step right forward, step left shoulder width apart

Optional Arms for the Gallop:-

- &5-8 With left arm forward right arm up, circle right arm over head in a lasso motion 4 times as you move forward
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