

Get Ready

拍数: 32 墙数: 2 级数: Advanced Beginner
编舞者: Natalie Boyle (USA) - August 2020
音乐: Get Ready (feat. Blake Shelton) - Pitbull



Tags : NONE

Sec 1: Rock RT foot forward, Recover weight Left, shuffle back Right left right, Rock Left back recover weight Right, shuffle forward Left right left

1 - 2 Rock Rt Foot forward, recover weight on left
3&4 Shuffle backwards on right left right
5-6 Rock left foot back recover weight on right
7 &8 Shuffle forward Left right left

Sec 2: Rock RT foot Forward, Recover weight left, shuffle back Right left right, Rock left back Recover weight Right, Shuffle Forward Left right left

1&2& Rock RT foot Forward, Recover weight on left
3&4& Shuffle backwards on right left right
5 - 6 Rock left foot back, Recover weight on right
7&8 Shuffle Forward Left right left

Sec 3: Step Rt foot, ¼ turn left, Step Rt foot, ¼ turn left, Point Rt foot out to side, bring Rt foot in and point left foot out to side, bring Left foot in point Rt foot to side and hold 2 counts

1 - 2 Step Right foot, ¼ turn to left replacing weight on left
3 - 4 Step Right foot, ¼ turn left replacing weight on left
5 - 6 Point Rt foot out to right side, Point left foot out to left side
7 - 8 Point right foot out to side, hold another count

Sec 4: Cross Rt foot rocking forward over front of left, Recover Weight on left, Triple step quick steps Right left right, Put left foot in front and 4 hop bumps to left while waving hands over head

1 - 2 Cross rock RT foot forward over left foot, Recover weight onto left
3&4 Triple steps Right left right feet beside one another
5-6 Step left foot in front as hip bumps once to left
7-8 Two more hip bumps left waving hands in circles overhead
