

Ready For An EZ Weekend

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Britt Beresik (USA) - September 2020
音乐: Ready for the Weekend - Calvin Harris : (3:37)



#32 count Intro, starts on lyrics - No Tags, No Restarts

*Choreographed as an AB version to Ready For The Weekend (Intermediate) by Britt Beresik & I.C.E.

[1-8] Back Touch, Back Touch, Walk Walk, Rock Recover

- 1-2 Step R back, Touch the L toe forward
- 3-4 Step L back, Touch the R toe forward
- 5-6 Step R back, Step L back
- 7-8 Cross Rock R behind L, Recover forward on L with slight angle to [1:30]

[9-16] Diagonal Toe/Heel/Heel/Toe

- 1-2 Step R fwd, Touch L toe next to R [1:30]
- 3-4 Step L back, Touch R heel fwd [1:30]
- 5-6 Step R next to L, ¼turnL and Touch L heel fwd [10:30]
- 7-8 Step L fwd, Touch R toe next to L [10:30]

*SYNCOPATED OPTION with HOLDS:

- &1-2 Step R fwd, Touch L toe next to R, HOLD [1:30]
- &3-4 Step L back, Touch R heel fwd, HOLD [1:30]
- &5-6 Step R next to L, ¼turnL and Touch L heel fwd, HOLD [10:30]
- &7-8 Step L fwd, Touch R toe next to L, HOLD [10:30]

[17-24] Cross Rock Recover, Side Shuffle, Cross Side, Cross Rock Behind ¼turnL, Recover (Claps)

- 1-2 Cross Rock R over L, Recover back on L [10:30]
- 3&4 With a ½turnR to [12:00] - Step R to R side, Step L together with R, Step R to R side
- 5-6 Cross L over R, Step R to R side
- 7-8 Cross Rock L behind R with a ¼turnL, Recover forward on R (optional double clap on &8) [9:00]

[25-32] Step HOLD, & Step HOLD, Out-Out, In-In, &Bump &Bump

- 1-2 Step L forward, HOLD
- &3-4 Step R next to L, Step L forward, HOLD
- &5&6 Step R out to R diagonal, Step L out to L diagonal, Step R back to center, Step L next to R
- &7&8 Lift R hip up, Bump L hip down, Lift R hip up, Bump L hip down (tip: lift R heel with R knee bent, weight on L) [9:00]

Repeat until song ends!

Enjoy your weekends!

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