

Get Ready

拍数: 32 墙数: 4 级数: Improver
编舞者: Stephanie (USA) - June 2021
音乐: Get Ready (feat. Blake Shelton) - Pitbull



Start dance on count 33 (at start of chorus Whoa get ready...) - 2 Restarts
Restart wall 4 and wall 7 (Now shake that thing....)

WALK R L, POINT TO SIDE FORWARD STEP

1,2 Step R forward, Step L forward,
3,4 Point R foot to side, step forward R
5,6 Step L forward, Step R forward,
7,8 Point L foot to side, step forward L

ROCK FORWARD R RECOVER LEFT WALK BACK R L R L, COASTER STEP

1,2 Rock R Forward, recover weight on L
3,4 Step R backward, Step L backward
5,6 Step R backward, Step L backward
7&8 Step R back, Step ball of L next to R, Step forward R

VINE LEFT TAP, VINE RIGHT STEP L

1,2 Step L foot to left side, Cross R foot behind L,
3,4 Step L foot to left side, tap R next to L
5,6 Step R foot to Right side, Cross L foot behind R,
7,8 Step R foot to Right side, step L (fully weighted)

JAZZ BOX ¼ RIGHT TURN, OUT OUT, IN IN

1,2,3,4 Cross RF over LF, step LF back, step ¼ turn to Right on R foot, Step L next to R
5,6 Step Forward & out at a slight diagonal R, Step out L
7,8 Step Backward & in R, Step L next to R.

Restart (lyrics - shake it, twerk it, drop it, work it!)

WALK R L, POINT TO SIDE FORWARD STEP

1,2 Step R forward, Step L forward,
3,4 Point R foot to side, step forward R
5,6 Step L forward, Step R forward,
7,8 Point L foot to side, step forward L

ROCK FORWARD R RECOVER LEFT WALK BACK R L R L R, tap L

1,2 Rock R Forward, recover weight on L
3,4 Step R backward, Step L backward
5,6 Step R backward, Step L backward
7,8 Step R back, Step ball of L next to R

Improv / Intermediate Dance

WALK R L, CUCARACHA R, WALK L R CUCARACHA L (recover L forward)

ROCK FORWARD R RECOVER L, RIGHT FULL TURN TRIPLE, LEFT 1/2 TURN TRIPLE BACK, R
COASTER STEP

ROLLING VINE LEFT, ROLLING VINE RIGHT STEP L

R JAZZ BOX ¼ RIGHT TURN, OUT OUT, IN IN (w hip bump)