

Get Ready

拍数: 32 墙数: 4 级数:
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音乐: Get Ready (feat. Blake Shelton) - Pitbull



S1: SHUFFLE FWD R, SHUFFLE FWD L, STEP DIAG BACK RIGHT (OPEN-CLOSE-OPEN-CLOSE), STEP DIAG BACK LEFT (OPEN-CLOSE-OPEN-CLOSE)

1&2 Step RF forward, step LF close RF, step RF forward,
3&4 Step LF forward, step RF close LF, step LF forward
5&6& Step RF diagonal backward right (body h. 1.30), step LF close RF, step RF diagonal
backward right, step LF close RF
7&8& Step RF diagonal backward right (body h. 10.30), step LF close RF, step RF diagonal
backward right, step LF close RF

S2: TURN 1/8 TO LEFT MAKING A SHUFFLE SIDE R, TURN 1/2 TO LEFT MAKING A STEP ON L, JUMP FWD, APPLEJACKS L-R-L-R

1&2 Step RF side right turning body 1/8 to left (h.9.00). step LF close RF, step RF side right
3,4 Turn 1/2 to left making a step slightly forward on LF (h.3.00), jump forward on both feet
5&6& Swivel out left toe and swivel in right heel at the same time, return to the center, swivel out
right toe and swivel in left heel at the same time, return to the center
7&8& Repeat 5&6& **RESTART HERE on WALL 4 and on WALL 8

S3: R KICKBALLTOUCH L HEEL & TOUCH R TOE, TURN 1/4 RIGHT, R KICKBALLTOUCH L HEEL & TOUCH R TOE, TURN 1/4 RIGHT

1&2 kick RF forward, step on RF ball, touch LF heel forward
&3,4 step on LF ball, touch RF toe next to LF, turn 1/4 to right (h.6.00)
5&6&7,8 repeat 1-4 (h.9.00)

S4: VAUDEVILLE TO L, VAUDEVILLE TO R, VAUDEVILLE TO L, HOLD, CLAPX2

1&2& Cross RF over LF, step LFT to left, touch RF heel in place, step RF next to LF
3&4& Cross LF over RF, step RF to right, touch LF heel in place, step LF next to RF
5&6 Cross RF over LF, step LFT to left, touch RF heel in place
7,&8 Hold, Clap-clap
