

Ready to Be Loved (P)

拍数: 32 墙数: 0 级数: Beginner Partner
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音乐: Ready To Be Loved - St. Lundi



Introduction : 16 counts

Start: Promenade position face LOD.

SECTION 1 LADY: HEEL R, HOOK R, HEEL R, FLICK R, TRIPPLE STEP FWD R, TRIPPLE STEP 1/2 TURN R

SECTION 1 MAN: HEEL R, HOOK R, HEEL R, FLICK R, TRIPPLE STEP FWD R, TRIPPLE STEP FWD L

1.2 LADY: R heel forward - Hook R
3.4 LADY: R heel forward - Flick R
5&6 LADY: Step R forward - Step L together R - Step R forward
7&8 LADY: 1/4 R ... Step L to the Left - Step R next to L - 1/4 R ... Step L back
1.2 MAN: R heel forward - Hook R
3.4 MAN: R heel forward - Flick R
5&6 MAN: Step R forward - Step L together R - Step R forward
7&8 MAN: Step L forward - Step R together L - Step L forward

SECTION 2: JUMP R, HOLD, JUMP L, HOLD, HIP ROLL ANTICLOCKWISE

&1.2 Make a jump to the Right, Touch L next to R - Hold
&3.4 Make a jump to the Left, Touch R next to L - Hold
5.6 Hip roll anticlockwise: Back - Right
7.8 Hip roll anticlockwise: Front - Left

HANDS: Release your hands at the end of this section.

SECTION 3: TRIPPLE STEP FWD R, TRIPPLE STEP FWD L, STEP 1/2 TURN L, TRIPPLE STEP FWD R

1&2 Step R forward - Step L together R - Step R forward
3&4 Step L forward - Step R together L - Step L forward
5.6 Step R forward - Turn 1/2 L stepping onto L (with check using right hand)
7&8 Step R forward - Step L together R - Step R forward

SECTION 4 LADY: ROCK FWD L, TRIPPLE STEP FWD L, KICK BALL STEP R, WALK, WALK

SECTION 4 MAN: STEP 1/2 TURN R, TRIPPLE STEP FWD L, KICK BALL STEP R, WALK, WALK

1.2 LADY: Rock FWD with L - Recover on R
3&4 LADY: Step L forward - Step R together L - Step L forward
5&6 LADY: Kick R - Ball step R - Step L forward
7.8 LADY: Walk R - Walk L
1.2 MAN: Step L forward - Turn 1/2 R stepping onto R
3&4 MAN: Step L forward - Step R together L - Step L forward
5&6 MAN: Kick R - Ball step R - Step L forward
7.8 MAN: Walk R - Walk L

HANDS: Take the promenade position on the count 3.

POUR RESTER ZEN, DANSEZ ! TO KEEP ZEN, DANCE!

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