

R. U. Ready

拍数: 44 墙数: 4 级数: Intermediate
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音乐: Ready to Run - The Chicks



2X SOFT SHOE SHUFFLES, WALK FORWARD: RIGHT, LEFT

1&2 Step right foot slightly in front of left, step left foot back slightly, step right foot back to left toe
3&4 Step left foot slightly in front of right, step right foot back slightly, step left foot back to right toe

Styling note for counts 1-4 are 'on-the-spot'

5-6 Step forward onto right foot, step forward onto left foot

2X SOFT SHOE SHUFFLES, CROSS ROCK, BACKWARD ROCK

7&8 Step right foot slightly in front of left, step left foot back slightly, step right foot back to left toe
9&10 Step left foot slightly in front of right, step right foot back slightly, step left foot back to right toe

Styling note for counts 7-10 are 'on-the-spot'

11-12 Cross rock right foot over left, rock back onto left foot

½ RIGHT, WALK FORWARD: RIGHT, LEFT, SHUFFLE FORWARD, ¼ RIGHT, LEFT CHASSE

13-14 Turn ½ right on left foot & step forward onto right foot, step forward onto left foot
15&16 Step forward onto right foot, step left foot next to right, step forward onto right foot
17&18 Turn ¼ right on right foot & step left foot to left side, step right foot next to left, step left foot to side

STEP BEHIND, ½ LEFT, RIGHT CHASSE, ROCK BEHIND, ROCK FORWARD, 3X SIDE ROCKS

19-20 Step right foot behind left, turning ¼ left step forward onto left foot
21&22 Turn a further ¼ left on left foot - stepping right foot to side, step left foot next to right, step right foot to side
23-24 Rock left foot behind right, rock forward onto right foot
25&26 Rock left foot to left side, recover onto right foot, rock onto left foot

2X SAILOR SHUFFLE'S, CROSS, UNWIND ½ LEFT

27&28 Step right foot behind left, step left foot to side, step right foot to side
29&30 Step left foot behind right, step right foot to side, step left foot to side
31-32 Cross step right foot over left, unwind ½ left

2X SAILOR SHUFFLES, 3X SIDE ROCKS

33&34 Step left foot behind right, step right foot to side, step left foot to side
35&36 Step right foot behind left, step left foot to side, step right foot to side
37&38 Rock left foot to left side, recover onto right foot, rock onto left foot

(MOVING FORWARD) 6X ROCK'S, WALK FORWARD - RIGHT, LEFT

39&40 Rock onto right foot in front of left, recover onto left foot, rock onto right foot (in place)
41&42 Rock onto left foot in front of right, recover onto right foot, rock onto left foot (in place)
43-44 Step forward onto right foot, step forward onto left foot

REPEAT

Do not confuse counts 39-42 with counts 1-4 or 7-10, even though they may appear and feel similar. They do have different results.