

R U Ready For This?

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Celeste Chee
音乐: Get Ready 4 This - 2 Unlimited



BIG STEP, HOOK, CROSS, UNWIND ½, OUT, OUT, APPLE JACKS

1-2 Big step right to side, hook left across right
3-4 Cross left over right, unwind TURN ½ right
5-6 Step left diagonally forward, step right to side
&7&8 Left applejack, right applejack

¼ STEP, SCUFF, HEEL WALK, TOUCH, HOLD, SWITCH TOUCH, TURN ½ SWITCH TOUCH

1-2 Turn ¼ left and step left forward, scuff right foot forward
3&4& Touch right heel forward, cross left behind right, touch right heel forward, cross left behind right
5-6 Touch right toe forward, hold

Upper body slightly lean backward

&7&8 Step right together, touch left to side, hitch left knee, turn ½ right and touch left to side

¼ SWITCH TOUCH, CROSS, OPEN KNEE, STEP BACK KICK, HOLD, WEAVE TO LEFT

&1-2 Hitch left knee, turn ¼ right and touch left to side, cross left over right
3&4& Swivel right knee right, swivel right knee to center, swivel both knees apart, swivel both knees to center
5&6 Step left back, kick right forward, hold
7&-8& Cross right behind left, step left to side, cross right over left, step left to side

EXTENDED WEAVE TO LEFT, SWIVEL, HITCH, LUNGE, HOLD, DRAG WITH SHOULDER SHRUGS

1&-2& Cross right behind left, step left to side, cross right over left, step left to side
3&4 Swivel left heel and right toe to left, swivel left toe and right heel to left, swivel left heel and right toe to left
& Hitch right knee
5-6 Rock right forward, hold

Lower body angled to 10:30, upper body facing 12:00

7-8 Slide left together over 2 counts (10:30)

During counts 7&8, shoulders shrug 3 times

"X" JUMP, "/" JUMP, FORWARD, ¼ TOUCH, RIGHT COASTER

1& Hop both feet apart, turn 1/8 right and hop both feet together (12:00)
2& Turn 1/8 right and hop both feet apart, turn 1/8 left and hop both feet together
3&4& Turn 1/8 left and hop both feet apart, turn 1/8 right and hop both feet together, hop both feet apart, hop both feet together
5-6 Step left forward, turn ¼ left and touch right to side
7&8 Step right back, step left together, step right forward

Easy version for count 1-4:

1&2&3&4 Touch right heel forward, step right together, touch left heel forward, step left together, touch right heel forward, hitch right knee, touch right heel forward

MASHED POTATOES FORWARD, MASHED POTATOES BACK, FORWARD, TOGETHER, RIB CAGE TO RIGHT, LEFT

&1 Swivel both heels apart, step left forward and swivel both heels together
&2 Swivel both heels apart, touch right forward and swivel both heels together
&3 Swivel both heels apart, step right back and swivel both heels together

&4 Swivel both heels apart, touch left back and swivel both heels together
5-6 Step left forward, step right together
7-8 Hold, hold

During counts 7-8, push rib cage to right, push rib cage to left

"X" JUMP, "I" JUMP, FORWARD, ¼ TOUCH, RIGHT COASTER

1-8 Repeat count 33-40

MASHED POTATOES FORWARD, MASHED POTATOES BACK, FORWARD, TOGETHER, RIB CAGE TO RIGHT, LEFT

1-8 Repeat count 41-48

REPEAT

TAG

After 2nd wall, you will face 12:00

STEP, HOLD (3X)

1-4 Step left to side, hold 3 counts with right index finger pointing forward
