

Ready Or Not

拍数: 0 墙数: 0 级数:
编舞者: Celina Tan (SG)
音乐: Ready or Not - A1



Sequence: AAAB Tag AAABB AABBC

PART A

CROSS ROCK, SIDE CHASSE, CROSS ROCK, SIDE CHASSE

1-2 Cross right over left, recover weight on left
3&4 Step right to right side, step left beside right, step right to right side
5-6 Cross left over right, recover weight on right
7&8 Step left to left side, step right beside left, step left to left side

FORWARD ROCK, TRIPLE STEP ½ TURN RIGHT, CROSS, UNWIND ½ TURN RIGHT, COASTER STEP

1-2 Rock forward on right, recover weight on left
3&4 Right triple step turning ½ turn right stepping right-left-right
5-6 Step left over right, unwind ½ turn right (weight ending on left)
7&8 Step back on right, step left beside right, step forward on right

LEFT DIAGONAL STEP-LOCK-STEP, RIGHT DIAGONAL STEP-LOCK-STEP, TOUCH BEHIND, UNWIND ½ TURN LEFT, FORWARD SHUFFLE

1&2 Step left diagonally forward, lock right behind left, step left diagonally forward
3&4 Step right diagonally forward, lock left behind right, step right diagonally forward
5-6 Touch left behind right, unwind ½ turn left (keep weight on right)
7&8 Left shuffle forward stepping left-right-left

CROSS WALK, HOLD, CROSS WALK, HOLD, COASTER CROSS, SIDE, TOUCH, HOLD

1-2 Cross right over left, hold
3-4 Cross left over right, hold
5&6 Step right back, step left beside right, cross right over left
&7-8 Step left to left side, touch right beside left, hold

PART B

RIGHT FORWARD DIAGONAL, TOUCH, LEFT FORWARD DIAGONAL, TOUCH, RIGHT SHUFFLE FORWARD, KICK-BALL-TOUCH

1-2 Large step forward right to right diagonal, touch left beside right (traveling forward)
3-4 Large step forward left to left diagonal, touch right beside left (traveling forward)
5&6 Right shuffle forward stepping right-left-right
7&8 Kick left foot forward, step left in place, touch right to right side

RIGHT SAILOR, LEFT SAILOR, STEP, ½ HINGE TURN LEFT, SIDE CHASSE

1&2 Step right behind left, step left to left side, step right to right side
3&4 Step left behind right, step right to right side, step left to left side
5-6 Step right forward, ½ turn left on ball of right
7&8 Step left to left side, step right beside left, step left to left side

RIGHT ROCKING CHAIR, CROSS, POINT, CROSS, POINT

1-4 Step right foot forward, recover weight on left, step back on right, recover weight on left
5-6 Step right over left, point left to left side
7-8 Step left over right, point right to right side

RIGHT JAZZ BOX ¼ TURN RIGHT, BACK ROCK, FORWARD FULL TURN LEFT

- 1-4 Cross right over left, ¼ turn right stepping back on left, step right to right side, recover weight on left
- 5-6 Step back on right, recover weight on left
- 7-8 Full turn left, stepping back on right make a ½ turn left, stepping forward on left make a ½ turn left (or walk forward right, left)

TAG

TOUCH, HITCH, STEP, BEHIND, SIDE, CROSS, HOLD, ROLLING FULL TURN RIGHT

- 1&2 Touch right beside left, hitch right, step right to right side
- 3&4 Step left behind right, step right to right side, step left over right
- 5 Hold
- 6-8 ¼ turn right stepping forward on right, ½ turn right stepping back on left, ¼ turn right stepping right to right side (weight ending on right)

TOUCH, HITCH, STEP, BEHIND, SIDE, CROSS, HOLD, PIVOT ½ TURN RIGHT, ½ BALL TURN RIGHT

- 1&2 Touch left beside right, hitch left, step left to left side
- 3&4 Step right behind left, step left to left side, step right over left
- 5 Hold
- 6-7 Step left forward, pivot ½ turn right
- 8 ½ turn right on ball of right stepping left beside right (weight ending on left)

PART C

- 1-16 Repeat the above 16 counts of the tag

MONTEREY ½ TURN RIGHT, MONTEREY ¼ TURN RIGHT

- 1-2 Touch right to right side, make ½ turn right on ball of left, stepping right beside left
- 3-4 Touch left to left, step left beside right
- 5-6 Touch right to right side, make ¼ turn right on ball on left, stepping right beside left
- 7-8 Touch left to left, step left beside right

PRESS FORWARD, KICK, COASTER STEP, SCOOT, HITCH, STEP, PIVOT ½ TURN RIGHT, STEP, TOUCH

- 1-2 Press right forward, kick right forward
- 3&4 Step back on right, step left beside right, step forward on right
- 5-6 Scoot on right, while hitching left, step down on left
- 7 Pivot ½ right on ball of left (ending with weight on right)
- & Step forward on left, starting to swing your hands up and outwards from a cross position in front of you
- 8 Touch right to right side while completing the hand movement, ending with both hands (palms open) up diagonally above you for a big finish

Easy option for counts 5-8:

- 5-6 ¼ turn right stepping back on left, ¼ turn right stepping forward on right
- 7-8 Step forward on left, touch right to right side, bring hands diagonally up above you
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