

Ready To Run

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Trent Duncan (AUS)
音乐: Ready to Run - The Chicks



- 1-4 Step right forward, touch left together, step left forward, touch right together
5-8 Step right forward, touch left together, step left forward, touch right together
- &1&2 Step right back slightly, touch left heel forward, step on left, scuff right
3-4 Step right forward, pivot ½ turn left
5&6 Shuffle forward right-left-right turning ½ turn left
7&8 Shuffle back left-right-left
- 1&2 Touch right toe over left foot, place/step right slightly to right. Touch left toe over right foot
&3&4 Place/step left slightly to left, place right heel forward, return right to right side, place left heel forward
&5&6 Return left to left, touch right toe to right side, return right to center, touch left to left side
&7-8 Return left to center, touch right to right side, bring right together turning a ¼ turn right taking weight onto right foot
- 1&2 Step left over right, step right to right side, step left to left side. (left samba step)
3&4 Step right over left, step left to left side, step right to right side. (right samba step)
5&6 Step left over right, step right back turning ¼ left, step left forward turning ½ left
7&8 Shuffle right-left-right forward
- 1&2 Step left behind right, step right to right side, step left to left side. (left sailor step)
3&4 Step right behind left, step left to left side, step right to right side. (right sailor step)
5-6 Touch left behind right, unwind ¾ turn left. (taking weight onto left)
7&8 Touch right heel forward, step onto right, step left forward. (right heel ball-change)
- 1-2 Step right forward, pivot ½ turn left
3&4 Shuffle forward right-left-right turning ½ turn left
5&6 Shuffle back left-right-left turning ½ turn left
&7&8 Step right to right side, step left to left side, step right to center, step left to center

REPEAT

BRIDGE

The bridge is after the first wall on the dance before you start your second wall. This only happens once.

- 1&2& Touch right forward pivoting ¼ turn left. Touch right forward pivoting ¼ turn left
3&4& Touch right forward pivoting ¼ turn left. Touch right forward pivoting ¼ turn left (this should make a full turn)
5&6 Step right over left, step left to left side, step right to right side. (right samba step)
7&8 Step left over right, step right to right side, step left to left side. (left samba step)
9-10 Step right forward, pivot ½ left
11&12 Shuffle forward right-left-right
13&14 Shuffle forward left-right-left
15-28 Repeat 1-14 of the bridge