

# Ready To Run

**COPPERKNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: Intermediate  
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音乐: Swept Away - Lace



## KICK BALL TOUCH AND HEEL AND STEP, RIGHT SAILOR, LEFT SAILOR

- 1&2      Kick right foot forward, step right foot home, touch left toe next to right foot  
&3&4      Step back slightly on left foot and place right heel out to front, step right foot home, step forward on left foot  
5&6      Cross right foot behind left, step left foot to left side, step right foot in place  
7&8      Cross left foot behind right, step right foot to right side, step left foot in place

## CROSS HOLD, SYNCOPATED WEAVE, RIGHT ROCK RECOVER, 2 ½ TURNS

- &1-2      Placing weight on right foot, cross left foot in front of right and hold for one count  
&3&4      Step right foot to right, cross left foot behind right, step right foot to right, cross left foot in front of right  
5-6      Rock to right side with right foot, rock weight back onto left foot,  
7-8      Step with right foot pivoting ½ turn to left on ball of left foot, step with left foot pivoting ½ turn to left on ball of right foot

## RIGHT SHUFFLE, SKIPS BACK, COASTER STEP, HEEL TOUCHES

- 1&2      Shuffle right, left, right turning ½ turn to the left  
&3&4      Scoot back on right foot, step back with left foot, scoot back on left foot, step back with right foot  
5&6      Step back with left foot, step right foot next to left, step left foot forward  
&7&8      Bring left foot home and touch right heel forward, bring right foot home and touch left heel forward

## STEP FORWARD, HOLD, SHUFFLE (2)

- &1-2      Step left foot home, hitch right knee up raising left heel slightly off floor, stomp right foot forward crossing it over left foot, hold for one count  
&3&4      Step ball of left foot behind right heel, step right foot forward, step ball of left foot behind right heel, step right foot forward  
&5-6      Hitch left knee up raising right heel slightly off floor, stomp left foot forward crossing it over right foot, hold for one count  
&7&8      Step ball of right foot behind left heel, step left foot forward, step ball of right foot behind left heel, step left foot forward

**REPEAT**

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