

# Ready To Run

拍数: 32      墙数: 2      级数: Intermediate  
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音乐: Ready to Run - The Chicks



## HIP BUMPS, JUMP, CROSS, HEEL SPLIT

- 1&2      Step right foot forward with two right hip bumps
- 3&4      Step left foot forward with two left hip bumps
- 5      Jump with both feet apart at shoulder width
- 6      Cross right foot over left
- 7      Unwind ½ turn to the left (now facing back wall)
- &8      Split heels outward then return to center

## SYNCOPATED VINE LEFT, SLIDE, SYNCOPATED VINE RIGHT, SLIDE

- 1      Right steps to right
- 2      Left foot steps behind
- &      Right steps to right
- 3      Step left foot to left
- 4      Slide or drag right foot beside left
- 5      Step left foot to left
- 6      Right steps behind
- &      Step left foot to left
- 7      Right steps to right
- 8      Slide or drag left foot beside right (taking weight on left)

## RUNNING MAN

- 1&      Step right foot forward; scoot right foot back and lift left foot up and beside right calf at the same time
- 2&      Step left foot forward; scoot left foot back and lift right foot up and beside left calf at the same time
- 3&      Step right foot forward; scoot right foot back and lift left foot up and beside right calf at the same time
- 4&      Step left foot forward; scoot left foot back and lift right foot up and beside left calf at the same time
- 5-6      Step right heel forward, touch right toe back
- 7-8      Pivot ½ turn to the right, step left foot next to right (facing front wall)

## SCISSOR STEP LEFT, SCISSOR STEP RIGHT, STEP, PIVOT ½ TURN LEFT, STEP RIGHT, STEP LEFT

- 1&2      Step right foot behind left, step left foot back, extend right heel forward on a 45 degree angle (weight is on left foot)
- &3      Step right foot to center, step left foot behind right
- &4      Step right foot back. Extend left heel forward on a 45 degree angle (weight is on right foot)
- &5-6      Step left foot back to center, step right foot forward, pivot ½ turn to the left (facing new wall)
- 7-8      Step forward right, step together left

## REPEAT