

Ready To Run

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Intermediate
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音乐: Ready to Run - The Chicks



WALK, WALK, MAMBO STEP; WALK, WALK, MAMBO STEP

1-2 Walk forward: right, left
3&4 Rock forward on right, step left in place, step right next to left
5-8 Walk forward: left, right
7&8 Rock forward on left, step right in place, step left next to right

STEP TURN ¼ LEFT; RUN (SYNCOATED GRAPEVINE), TOE TOUCHES

1-2 Step right forward, turn left ¼, shifting weight to left
3&4& Cross right over left, step left to left, cross right behind left, step left to left
5&6& Cross right over left, step left to left, cross right behind left, step left to left
7&8 Touch right toe to right, step right next to left, touch left toe to left

STEP TURN ½ LEFT, SCUFF HITCH STEP, LEFT FORWARD MAMBO, STEP TURN ½ LEFT

&1-2 Step left next to right, step right forward, turn ½ left shifting weight to left
3&4 Scuff right, hitch right, step right next to left
5&6 Rock forward on left, step right in place, step left next to right
7-8 Step right forward, turn ½ left shifting weight to left

MAMBO LUNGE RIGHT, MAMBO LUNGE LEFT, THREE PADDLE TURN ½ LEFT

1&2 Lunge forward diagonally right on right, step left in place, step right next to left
3&4 Lunge forward diagonally left on left, step right in place, step left next to right
5& Touch right toe slightly forward, hitch right pivoting left on left
6&7& Repeat twice, completing a ½ turn
8 Touch right next to left

RIGHT BRUSH, HITCH, CROSS AND STEP LOCK STEP; LEFT BRUSH, HITCH, CROSS AND STEP LOCK STEP

1&2 Brush right, hitch right, cross over left and touch right toe to outside of left instep
3&4 Step forward on right, step forward on left locking behind right, step forward on right
5&6 Brush left, hitch left, cross over right and touch left toe to outside of right instep
7&8 Step forward on left, step forward on right locking behind left, step forward on left

REPEAT
