

Ready-Steady

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Chris Hodgson (UK)
音乐: I Get So Rattled - Jill Morris



HEEL-BALL-CHANGE (TWICE), ROCK STEP/COASTER STEP (RIGHT AND LEFT)

1&2 Touch right heel forward, step right together, step left in place
3&4 Repeat counts 1&2
5-6 Rock right forward, recover onto left
7&8 Step right back, step left together, step right forward
9-16 Repeat counts 1-8 starting with left foot

SHUFFLE FORWARD, ½ TURN RIGHT, SHUFFLE FORWARD, ½ TURN LEFT

17&18 Shuffle forward right, left, right
19-20 Step left forward, turn ½ right (weight to right)
21&22 Shuffle forward left, right, left
23-24 Step right forward, turn ½ left (weight to left)

SIDE TOUCHES AND CROSS STEPS (FORWARD AND BACK)

25-26 Touch right to side, cross right over left
27-28 Touch left to side, cross/touch left over right
29-30 Touch left to side, cross left behind right
31-32 Touch right to side, cross/touch right behind left

Finger snaps can be added on counts 25-32

SIDE ROCK, SYNCOPATED ROCK STEP, SYNCOPATED ½ TURN LEFT, STEP-STEP

33-34 Rock right to side, recover onto left
&35-36 Step right in place, rock left to side, recover onto right
&37-38 Step left together, step right forward, turn ½ left (weight to left)
39-40 Step right forward, step left forward

SYNCOPATED STEPS (FORWARD-BACK) AND CLAPS, STEP ½ TURN, STEP ¼ TURN

&41 Small step right forward, small step left forward
42 Clap
&43 Small step right back, small step left back
44 Clap
45-46 Step right forward, turn ½ left (weight to left)
47-48 Step right forward, turn ¼ left (weight to left)

REPEAT
