

Ready, Set, Go

COPPER KNOB
STEPSHETS

拍数: 50 墙数: 2 级数: Intermediate
编舞者: Lynn Murphy-Connolly
音乐: Ready to Run - The Chicks



& HOP ON LEFT, REEL STEPS TRAVELING TO LEFT SIDE

& Crossing right behind left foot
1-2 Cross right, step left
3-4 Cross right, step left
5-6 Cross right, step left
7 Cross right behind left (weight is now on right)
Sailor steps can be used as an option. Or hop three times on 1&2 and on 3&4

HOP 1,2,3, HOP 1,2,3 (ALL HOPS ARE ON THE & COUNTS)

&8 Hop on right foot, step left(crossed behind right foot)
9-10 Rock right forward, back on left
&11 Hop on left foot, step right
12-13 Rock left forward, back on right foot

14-26 Repeat the reel steps in counts 11-13 to the right side

SYNCOPATED ELECTRIC KICKS

27&28 Step back with right, step left forward, step right forward
&29&30 Step with left foot, step right back, step left forward, step right

SWAY LEFT-RIGHT-LEFT-RIGHT

31-32 Sway to left side, sway to right side
33-34 Sway to left side, sway to right side

SHUFFLE AS YOU DO A ½ TO THE LEFT

35&36 Shuffle left, right, left
37&38 Shuffle right, left, right (now facing 6:00)
39&40 Shuffle left, right, left(this last set done in place)
41&42 Shuffle right, left, right

RUNNING MAN STEPS, SWIVETS TO LEFT THEN TO RIGHT

43&44 Step left, scoot back on left, step right scoot back on right
45&46 Step left, scoot back on left, step right scoot back on right
47&48 Swivets to left (toes toward left side)
49&50 Swivets to right (toes toward right side, weight on right foot to finish) left thumb over left shoulder, right thumb over right shoulder-hitchhiker style

REPEAT
