

I'm Not Ready

拍数: 72 墙数: 4 级数:
编舞者: Hubert Aubin (CAN) & Monique Aubin (CAN)
音乐: Rescue Me - Rick Tippe



- 1-2 Step forward on right foot, slide left foot behind
3-4 Step forward on right foot, touch left foot beside
5-6 Step forward on left foot, slide right foot behind
7-8 Step forward on left foot, touch right foot beside
- 9-12 Touch right toe to the side, hold, touch right toe back, hold
13-14 Touch right toe to the side, touch right toe back
15-16 Touch right toe to the side, cross right foot in front of left
17-18 Unwind ½ turn to the left, clap
- 19-20 Touch left toe forward, as you change weight to left foot drop left heel down
21-22 Touch right toe forward, as you change weight to right foot drop right heel down
23-26 Repeat 19-22
- 27-30 Touch left toe to the side, hold, touch left toe back, hold
31-32 Touch left toe to the side, touch left toe back
33-34 Touch left toe to the side, cross left foot in front of right
35-36 Unwind ½ turn to the right, clap
- 37-38 Touch right toe forward, as you change weight to right foot drop right heel down
39-40 Touch left toe forward, as you change weight to left foot drop left heel down
41-44 Repeat 37-40
- 45&46 Side shuffle to the right (right, left, right)
47-48 Rock back onto left foot, step in place on right foot
- 49&50 Side shuffle to the left (left, right, left)
51-52 Rock back onto right foot, step in place on left foot
- 53-54 Touch right toe to the side, hold
55-56 Quickly step right foot home & touch left toe to the side, hold

PENDULUM SWINGS

- 57 Quickly step left foot home & touch right toe to the side
58 Quickly step right foot home & touch left toe to the side
59 Quickly step left foot home & touch right toe to the side
60 Touch right toe beside left (home)
- 61&62 Shuffle forward, (right, left, right)
63&64 Shuffle forward (left, right, left)
- 65-66 Step forward on right foot, pivot ½ turn to the left
- 67&68 Shuffle forward (right, left, right)
69&70 Shuffle forward (left, right, left)

71-72

Step forward on right foot, pivot $\frac{1}{4}$ turn to the left

REPEAT

If you dance to "Rescue Me":

After you have done the sequence 5 times, the music start to gradually fade out, do step 1-36 then keep doing 37-40 (toe, heel) as you head to your seat (or maybe, if you could just work up the nerve, toe heel on over and talk to her!).
