

Getting Ready

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Geri Morrison (UK)
音乐: Getting Ready - Miranda Lambert



STEP HOLD, TURN HOLD, TURN STEP HOLD

1-4 Step right forward, hold, turn ½ left (weight to left), hold
5-6 Step right forward, turn ½ left (weight to left)
7-8 Step right forward, hold (12:00)

STEP HOLD, TURN HOLD, TURN STEP HOLD

1-4 Step left forward, hold, turn ½ right (weight to right), hold
5-6 Step left forward, turn ½ right (weight to right)
7-8 Step left forward, hold (12:00)

WALK RIGHT HOLD, WALK LEFT HOLD, LOCK STEP HOLD

1-4 Cross right over left, hold, cross left over right, hold
5-8 Step right forward, lock left behind right, step right forward, hold (12:00)

TURN ½ TURN RIGHT STEP HOLD, ¾ TURN LEFT HOLD

1-4 Step left forward, turn ½ right (weight to right), step left forward, hold
5-6 Step right forward, turn ½ left (weight to left)
7-8 Turn ¼ left and step right to side, hold (9:00)

CROSS SIDE HOLD CROSS KICK TWICE

1-4 Cross/rock left over right, recover on right, step left to side, hold
5-6 Kick right over left, step right together
7-8 Kick left over right, step left together (9:00)

CROSS HOLD, SIDE HOLD, CROSS BEHIND ½ TURN HOLD

1-4 Cross right over left, hold, step left to side, hold
5-6 Cross right behind left, turn ½ right and step left together
7-8 Step right forward, hold (3:00)

ROCK RECOVER STEP BACK HOLD, CROSS BEHIND ¼ TURN RIGHT HOLD

1-4 Rock left forward, recover on right, step left back, hold
5-6 Cross right behind left, turn ¼ right and step left together
7-8 Step right forward, hold (6:00)

STEP TOUCH, STEP BACK KICK, STEP BACK TOGETHER FORWARD HOLD

1-2 Step left forward, touch right behind left
3-4 Step right back, kick left forward
5-6 Step left back, step right together
7-8 Step left forward, hold (6:00)

REPEAT