

# Are You Ready

拍数: 32      墙数: 0      级数:  
编舞者: Chris Hodgson (UK)  
音乐: Are You Ready For Love (feat. The Detroit Spinners) - Elton John



## FORWARD MAMBO, BACK ROCK, LOCK FORWARD, STEP- $\frac{1}{4}$ -CROSS

1&2      Step forward on right, rock weight back onto left, step right next to left  
3-4      Step back on left, rock weight forward onto right  
5&6      Step forward on left, lock right behind left, step forward on left  
7&8      Step forward on right, pivot  $\frac{1}{4}$  turn left, cross step right over left

## SIDE-BEHIND, CHASSE, CROSS-ROCK-SIDE, $\frac{1}{2}$ TURN CHASSE

1-2      Step left to left side, cross right behind left  
3&4      Step left to left side, step right next to left, step left to left side  
5&6      Cross right over in front of left, rock weight back onto left, step right to right side  
7&8       $\frac{1}{2}$  turn right on ball of right stepping left to left side, step right next to left, step left to left side

## SAILOR STEP, BEHIND- $\frac{3}{4}$ UNWIND, STEP- $\frac{1}{4}$ TURN, CROSS SHUFFLE

1&2      Cross right behind left, step left slightly to left, step right slightly to right  
3-4      Cross left toe behind right heel, unwind  $\frac{3}{4}$  turn left (weight ends on left)  
5-6      Step forward on right, pivot  $\frac{1}{4}$  turn left  
7&8      Cross step right over left, step left to left side, cross step right over left

## CHASSE, BACK & SIDE, BEHIND-SIDE-CROSS, SIDE- $\frac{1}{2}$ HINGE TURN

1&2      Step left to left side, step right next to left, step left to left side  
3&4      Step back on right, rock weight forward onto left, step right to right side  
5&6      Step left behind right, step right to right side, cross step left over in front of right  
7-8      Step right to right side,  $\frac{1}{2}$  hinge turn left on ball of right stepping left to left side

## REPEAT

## RESTART

Dance 4 complete walls, then dance up to count 16, then restart the dance from count 1