

Rick is Ready

拍数: 64 墙数: 4 级数: Improver
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音乐: Comin' If You're Ready or Not - Rick Guard : (CD: Stop It and Dance!, Volume 1)



Introduction: 48 Counts, begin on vocals

SEC.I (1-8) TOE-HEEL, TOE-HEEL, TOUCH, TOUCH, TOUCH, HOLD

1,2 LEFT Toe Touch across front of R; LEFT Heel Down (Toe-Heel Strut)
3,4 RIGHT Toe Touch side R; RIGHT Heel Down (Toe-Heel Strut)
5,6 LEFT Toe Touch across front of R; LEFT Toe Touch back diagonal L
7,8 LEFT Toe/Touch across front of R; HOLD

SEC.II (9-16) ACROSS, TURN, BACK, HOLD; ACROSS, BACK, BACK, HOLD

1,2 LEFT Step across front of R; RIGHT Step back with 1/4 Turn L (9 o'clock)
3,4 LEFT Step back diagonal L; HOLD
5,6 RIGHT Step across front of L; LEFT Step back diagonal L
7,8 RIGHT Step back diagonal R; HOLD

SEC.III (17-24) STOMP, CLAP, STOMP, CLAP, ROCK-RECOVER, BACK, HOOK UP

1,2 LEFT Stomp forward; HOLD and CLAP
3,4 RIGHT Stomp forward; HOLD and CLAP
5,6 LEFT Rock/Step forward; RIGHT Recover/Step back
7,8 LEFT Step back; RIGHT Heel Hook Up *

*(bend knee and lift foot across front of shin)

SEC.IV (25-32) STOMP, CLAP, STOMP, CLAP, ROCK-RECOVER, BACK, HOOK UP

1,2 RIGHT Stomp forward; HOLD and CLAP
3,4 LEFT Stomp forward; HOLD and CLAP
5,6 RIGHT Rock/Step forward; LEFT Recover/Step back
7,8 RIGHT Step back; LEFT Heel Hook Up *

*(bend knee and lift foot across front of shin)

*Restart

SEC.V (33-40) FORWARD, TURN, TURN, HOLD; TOGETHER, SIDE, TOGETHER, HOLD

1,2 LEFT Step forward; 1/2 Turn R with RIGHT Step forward (3 o'clock)
3,4 LEFT Step side L with 1/4 Turn R; HOLD (6 o'clock)
5,6 RIGHT Step beside L; LEFT Step side L
7,8 RIGHT Step beside L; HOLD

SEC.VI (41-48) SIDE, TOUCH, FORWARD, HOLD: REPEAT

1,2 LEFT Step side L; RIGHT Toe Touch beside L
3,4 RIGHT Step forward; HOLD
5,6 LEFT Step side L; RIGHT Toe Touch beside L
7,8 RIGHT Step forward; HOLD

SEC.VII (49-56) FORWARD, RECOVER, TURN, HOLD, ACROSS, SIDE, ACROSS, HOLD

1,2 LEFT Step forward; RIGHT Recover/Step back
3,4 LEFT Step side L with 1/4 Turn L; HOLD (3 o'clock)
5,6 RIGHT Step across front of L; LEFT Step side L
7,8 RIGHT Step across front of L; HOLD

SEC.VIII (57-64) SIDE, TOUCH, BACK, HOLD: REPEAT

1,2 LEFT Step side; RIGHT Touch beside L
3,4 RIGHT Step back; HOLD
5,6 LEFT Step side; RIGHT Touch beside L
7,8 RIGHT Step back; HOLD

Begin Again

***ONE Restart: After first rotation, dance 32 Counts only. You will be facing 12 o'clock wall on restart.**

Ending: facing 3 o'clock on Count 24: look left and smile.
