

Ready To Rock

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK) & Robbie McGowan Hickie (UK) - January 2011
音乐: Roll Out Of This Hole (feat. Ruby Turner) - Jools Holland & His Rhythm & Blues Orchestra : (CD: Rocking Horse)



16 count intro from main beat

Section 1: Side Step Right, Behind, & Out, Cross, Side Step Left, Behind, & Out, Cross

- 1 – 2 Step right to right side. Cross left behind right.
- & 3 – 4 Jump/step right out to right side. Step left out to left side.
- 5 – 6 Step left to left side. Cross right behind left.
- & 7 – 8 Jump/step left out to left side. Step right out to right side.

Section 2: Dwight Swivels, Chasse, Diagonal Back Rock

- 1 Swivel left heel to right touching right toe beside left.
- 2 Swivel left toe to right touching right heel diagonally forward right.
- 3 Swivel left heel to right touching right toe beside left.
- 4 Swivel left toe to right touching right heel diagonally forward right.
- 5 & 6 Step right to right side. Close left beside right. Step right to right side.
- 7 – 8 (Facing left diagonal) Rock back on left. Recover forward onto right.

Section 3: Diagonal Rocking Chair, Side, Hold With Clap, & Side, Hold With Clap

- 1 – 2 (Still on left diagonal) Rock forward on left. Recover onto right.
- 3 – 4 Rock back on left. Recover forward onto right.
- 5 – 6 (Straightening up to 12:00) Step left to left side. Hold and clap.
- & 7 – 8 Step ball of right beside left. Step left to left side. Hold and clap.

Section 4: Back Rock, 1/4 Turn, 1/2 Turn, Ball Step, Scuff, Step, Tap

- 1 – 2 Rock back on right. Recover forward onto left.
- 3 – 4 Make 1/4 turn left stepping right back. Make 1/2 turn left stepping left forward.
- & 5 – 6 Step ball of right beside left. Step left forward. Scuff right forward.
- 7 – 8 Step right forward. Tap left toe behind right heel. (3:00)

Section 5 Shuffle Back, Touch, Reverse Pivot 1/4, & Side, Forward Rock, Walk Back

- 1 & 2 Step left back. Close right beside left. Step left back.
- 3 – 4 Touch right toe back. Reverse pivot 1/4 turn right (weight onto right). (6:00)
- & 5 Step ball of left beside right. Step right to right side.
- 6 – 8 (Facing right diagonal) Rock forward on left. Recover onto right. Walk back on left.

Section 6: Back, Touch, Step, Touch Out, Touch Across, Kick, Behind, 1/4 Turn

- 1 – 2 (Still on right diagonal) Step right back. Touch left toe out to left side.
- 3 – 4 (Straightening up to 6:00) Step left forward. Touch right toe out to right side.
- 5 – 6 Touch right toe across left. Kick right diagonally forward right.
- 7 – 8 Cross right behind left. Make 1/4 turn left stepping left forward. (3:00)

Restart Wall 2: Start dance again from beginning at this point (facing 6:00)

Section 7: Step, Pivot 1/2, Forward Shuffle, Forward Rock, 1/2 Turn x 2

- 1 – 2 Step right forward. Pivot 1/2 turn left.
- 3 & 4 Step right forward. Close left beside right. Step right forward. (9:00)
- 5 – 6 Rock forward on left. Recover onto right.
- 7 – 8 Make 1/2 turn left stepping left forward. Make 1/2 turn left stepping right back.

Section 8: Toe Strut Back x 2, Behind, Hold, Unwind 1/2 Turn, Hold

- 1 – 2 Step back on left toe. Drop left heel taking weight.
- 3 – 4 Step back on right toe. Drop right heel taking weight.
- 5 – 6 Cross left behind right. Hold.
- 7 – 8 Unwind 1/2 turn left. Hold. (Weight on left). (3:00)

Restart: There is one Restart during Wall 2

Ending Dance ends Wall 7: Replace counts 7 - 8 of Section 8 with:

- 7 – 8 Unwind 1/4 turn left. Hold and pose (to end facing 12:00)
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