

Ready Steady Go

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: Gaye Teather (UK) - November 2011
音乐: Ready to Fly - DJ Bobo : (CD: Fantasy)



(32 count intro from first heavy beat. Start just before main vocals)

Full rolling turn Right (or vine). Touch. Side Left. Behind. Chasse Left

- 1 – 2 Quarter turn Right stepping forward on Right. Half turn Right stepping back on Left
- 3 – 4 Quarter turn Right stepping Right to Right side. Touch Left beside Right (Facing 12 o'clock)
- 5 – 6 Step Left to Left side. Cross Right behind Left
- 7&8 Step Left to Left side. Step Right beside Left. Step Left to Left side

Note: Steps 1 – 4 can be replaced with a vine Right. Touch

Cross rock. Chasse Right. Weave Right x 4

- 1 – 2 Cross rock Right over Left. Recover onto Left
- 3&4 Step Right to Right side. Step Left beside Right. Step Right to Right side
- 5 – 8 Cross Left over Right. Step Right to Right side. Cross Left behind Right. Step Right to Right side

Step. Pivot half turn Right. Shuffle. Rocking chair

- 1 – 2 Step forward on Left. Pivot half turn Right (Facing 6 o'clock)
- 3&4 Step forward on Left. Step Right beside Left. Step forward on Left
- 5 – 8 Rock forward on Right. Recover onto Left. Rock back on Right. Recover onto Left

Note: Push hands forward and up on steps 5-6 and down on steps 7-8

Side Right. Together. Shuffle forward. Heel switches forward x 2. Tap x 3

- 1 – 2 Step Right to Right side. Step Left beside Right
- 3&4 Step forward on Right. Step Left beside Right. Step forward on Right
- 5&6& Touch Left heel forward. Step Left beside Right. Touch Right heel forward. Step Right beside Left
- 7&8 Tap Left toe beside Right x 3

Coaster step. Step. Pivot half turn Left. Shuffle forward. Step. Pivot quarter turn Right

- 1&2 Step back on Left. Step Right beside Left. Step forward on Left
- 3 – 4 Step forward on Right. Pivot half turn Left
- 5&6 Step forward on Right. Step Left beside Right. Step forward on Right
- 7 – 8 Step forward on Left. Pivot quarter turn Right (Facing 3 o'clock)

Cross. Point. Point. Point. Jazz box quarter turn Right. Step

- 1 – 4 Cross Left over Right. Point Right to Right side. Point Right across Left. Point Right to Right side
- 5 – 6 Cross Right over Left. Step back on Left
- 7 – 8 Quarter turn Right stepping Right to Right side. Step Left beside Right

***Restart from beginning at this point during wall 5 (You will be facing 6 o'clock)**

Forward rock. Triple full turn (or coaster). Forward rock. Coaster cross

- 1 – 2 Rock forward on Right. Recover onto Left
- 3&4 Triple full turn Right (on the spot) stepping Right. Left. Right

Easier option: Right coaster step

- 5 – 6 Rock forward on Left. Recover onto Right
- 7&8 Step back on Left. Step Right beside Left. Cross Left over Right

Side. Hold/shimmy. Together. Side. Touch. Full rolling turn Left. Touch

1 – 2 Step Right to Right side. Hold (shimmy shoulders)

&3 – 4 Step Left beside Right. Step Right to Right side. Touch Left beside Right

5 – 6 Quarter turn Left stepping forward on Left. Half turn Left stepping back on Right

7 – 8 Quarter turn Left stepping Left to Left side. Touch Right beside Left (Facing 6 o'clock)

Easier option for steps 5 – 8: Vine Left. Touch

Start again
