

Ready, Steady, Rumble

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Grant Stanley (SCO) & Lesley Clark (SCO) - April 2013
音乐: Let's Get Ready to Rhumble - PJ & Duncan



Intro: 16 count intro after the heavy beat

Restart: Restart the dance on walls 4,6 & 8 after count 16.

STEP FORWARD, FORWARD, BACK, BACK, LOCK-STEPS RIGHT & LEFT

1-2 Step forward right, step forward left (feet apart shoulder width)
3-4 Step back right, step back left (feet back together)
5&6 Step forward on right, lock left behind right, step forward on right
7&8 Step forward on left, lock right behind left, step forward on left

SYNCOPATED ROCKING CHAIR x2, SHUFFLE FORWARD, ½ TURN SHUFFLE

1&2& Rock forward on right, recover, rock back on right, recover
3&4& Rock forward on right, recover, rock back on right, recover
5&6 Step forward on right, step left next to right, step forward on right
7&8 ½ turn right stepping back on left, step right next to left, step back on left *****

COASTER STEP, ANCHOR STEP, SHUFFLE BACK, ½ TURN SHUFFLE

1&2 Step back on right, step left next to right, step forward on right (big step forward here)
3&4 Step left behind right, step right in place, step back on left
5&6 Step back on right, step left next to right, step back on right
7&8 ½ turn left stepping forward on left, step right next to left, step forward on left

CROSS ROCK STEP, CROSS ROCK STEP, PADDLE ¾ TURN, TOUCH

1&2 Cross rock right over left, recover on left, step right to right side
3&4 Cross rock left over right, recover on right, step left to left side
5&6& Touch right out to right side, ¼ turn left hitching knee, touch right out to right side, ¼ turn left hitching knee
7&8 Touch right out to right side, ¼ turn left hitching knee, touch right beside left

Have Fun and Enjoy
