

Ready for the Good Life

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - November 2014
音樂: Ready for the Good Life - Paloma Faith : (iTunes)



Starts on main vocals (16 counts)

S1: 1/2, Step, Anchor Step, 1/2, 1/2, Out Out In Cross.

- 1-2 Make 1/2 turn Left stepping forward on Left, step forward on Right. (6:00)
3&4 Step lock Left behind Right, rock forward on Right, step back on Left.
5-6 Make 1/2 turn to Right stepping forward on Right, 1/2 turn to Right stepping Left next to Right.
7& Step Right out to Right side, step Left out to Left side.
8& Step Right to centre, cross step Left over Right. (6:00)

S2: Point, Behind 1/4 Step, Rock Step, Back, Sailor 1/2.

- 1 Point Right to Right side.
2&3 Cross step Right behind Left, make 1/4 turn to Left stepping forward on Left, step forward on Right. (3:00)
4-5 Rock forward on Left, recover on Right.
6 Step back on Left.
7&8 Make 1/4 turn to Right cross stepping Right behind Left, step Left next to Right, 1/4 turn to Right stepping forward on Right. (9:00)

R

S3: & 1/4 Cross, 1/4 Sweep, Cross Side Behind, Behind & Cross, Unwind 1/2, Back.

- &1 Step Left next to Right, make 1/4 turn to Right cross stepping Right over Left. (12:00)
2 Make 1/4 turn to Left stepping forward on Left sweeping Right out & forward. (9:00)
3&4 Cross step Right over Left, step Left to left side, cross step Right behind Left sweeping Left out & back.
5&6 Cross step Left behind Right, step Right to Right side, cross step Left over Right.
7 Unwind 1/2 turn to Right, □ (3:00)
8 Step back on Right.

S4: Coaster Step, Step 1/2 Pivot, Step Lock Step, Step Lock Step, Step.

- 1&2 Step back on Left, step Right next to Left, step forward on Left.
3-4 Step forward on Right, pivot 1/2 turn to Left. (9:00)
5&6 Step Right forward to Right diagonal, lock Left behind Right, step Right forward to Right diagonal.
&7& Step Left forward to Left diagonal, lock Right behind Left, step Left forward to Left diagonal.
8 Step straight forward on Right.

Restarts on Walls 4 & 9

Dance up to and including count 16 then Restart dance from the beginning :)