

I'm Ready For This

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Esmeralda van de Pol (NL) - February 2015
音樂: Hold My Hand - Jess Glynne



Intro : 8 counts

S1: FWD ROCK & STEP 1/2 TURN L, 1/2 TURN L, L COASTER STEP

1-2& Rock LF fwd, Recover on RF, Step LF next to RF
3-4 Step RF fwd, 1/2 turn L-weight on LF□ [06.00]
5-6 Step on Ball RF fwd, 1/2 turn L-weight on R□ [12.00]
7&8 Step LF back, Step RF next to LF, Step LF fwd

S2: CROSS ROCK FWD, CHASSE R, 1/2 TURN R SIDE ROCK, CROSS SHUFFLE

1-2 Rock RF across LF, Recover on LF
3&4 Step RF to R side, Step LF next to RF, Step RF to R side [12.00]
5-6 1/2 turn R-Rock LF to L side, Recover on RF□ [06.00]
7&8 Cross LF over RF, Step RF to R side, Cross LF over RF

(option count 3&4 Tripple full turn, traveling to the right)

S3: SIDE, DRAG & CROSS, SIDE, R SAILOR STEP, L COASTERSTEP 1/4 TURN L

1-2 Step RF to R side, Drag LF to RF
&3-4 Step LF next to RF, Cross RF over LF, Step LF to L side
5&6 Step RF behind LF, Step LF to L side, Step RF to R side
7&8 1/4 turn L-step LF back, Step RF next to LF, Step LF fwd□ [03.00]

S4: STEP FWD, POINT, KICK & POINT, CROSS, 3/4 TURN L, ROCK BACK

1-2 Step RF fwd, Point LF to L side
3&4 Kick LF fwd, Step LF next to RF, Point RF to R side
5-6 Cross RF over LF, 3/4 turn L-weight on RF□ [06.00]
7-8 Rock back on LF, Recover on RF

***Restart here in the 2nd and 5th wall

S5: WALK FWD, KICK-BALL-STEP, SWIVEL 1/2 TURN L , COASTER STEP

1-2 Walk fwd LF, RF
3&4 Kick LF fwd, Step LF next to RF, Step RF fwd
5&6 Swivel heels R making 1/4 turn L, heels to center, Swivel heels R making 1/4 turn left 12.0
7&8 Step LF back, Step RF next to LF, Step LF fwd

S6: CROSS, 1/4 TURN R, SHUFFLE 1/2 TURN R, FWD ROCK, RECOVER & BACK, POINT

1-2 Cross RF over LF, 1/4 turn R-step LF back□ [06.00]
3&4 1/4 turn R-step RF fwd, Step LF next to RF, 1/4 turn R Step RF fwd□ [09.00]
5-6 Rock LF fwd, Recover on RF
&7-8 Step LF slightly back, Step RF back, Point LF to L side

S7: CROSS, SIDE, BEHIND, 1/4 TURN R, STEP FWD , FWD ROCK, SHUFFLE BACK

1-2 Cross LF over RF, Step RF to R side,
3&4 Cross LF behind RF, 1/4 turn R-step fwd, Step LF fwd□ [12.00]
5-6 Rock RF fwd, Recover on LF
7&8 Step RF back, Step LF next to RF, Step RF back

S8: STEP BACK, TOGETHER, SHUFFLE FWD, PIVOT 1/2 TURN L, SHUFFLE FWD

1-2 Step LF back, Step RF next to LF□[12.00]

3&4 Step LF fwd, Step RF next to LF, Step LF fwd□[12.00]
5-6 Step RF fwd, 1/2 turn L-weight on LF□[06.00]
7&8 Step RF fwd, Step LF next to RF, Step RF fwd

Restart : 2nd and 5th wall after 32 counts.

Enjoy..

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