

# Are You Ready?

**COPPER** **KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Ann-Kristin Sandberg (NOR) - August 2015  
音樂: Are You Ready - Dr. Victor & The Rasta Rebels : (iTunes)



**INTRO : 64 Counts (29 sec)**

## **KICK-POINT-KICK BALL STEP-DIAGONAL R-TOUCH-DIAGONAL L-TOUCH**

1-2            Kick R forw, Point R back (bend both knees on count 2)  
3&4           Kick R forw, Step R next to L, Step L forw  
5-6           Step R diagonal forw to R, Touch L next to R  
7-8           Step L diagonal forw to L, Touch R next to L

## **FORW RECOVER-SHUFFLE BACK-1/2 TURN L SHUFFLE FORW-STEP-PIVOT 1/2 TURN L**

1-2            Step R forw, Recover onto L  
3&4           Step R backw, Step L next to R, Step R backw  
5&6           1/2 turn L stepping L forw, Step R next to L, Step L forw (06)  
7-8           Step R forw, Pivot 1/2 turn L (weight on L) (12)

## **OUT-OUT-HEEL BUMPS-CROSS-BACK-1/4 TURN R CHASSE-TOGETHER**

1-2&           Step R to R side, Step L to L side, Both heels up  
3&4           Both heels down, Both heels up, Both heels down  
5-6           Cross R over L, Step L backw  
7&8&          1/4 turn R stepping R to R side, Step L next to R, Step R to R side, Step L next to R

## **SIDE & SWAY BODY-SIDE-TOGETHER-SIDE-TOUCH-WALK x 2**

1-2            Step R to R side(bend both knees), Sway body to R (& straighten knees on count 2)  
3-4            Step L to L side, Step R next to L  
5-6            Step L to L side, Touch R next to L  
7-8            Step R forw, Step L forw ( turn shoulders to R on count 7 & to L on count 8 with bend knees)

**ENJOY!!**

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