

Are You Ready?

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
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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!!