

Ready To Go

COPPERKNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Adam Åstmar (SWE) - July 2016
音樂: Greenlight (feat. Flo Rida & LunchMoney Lewis) - Pitbull



Intro: 32 Counts

Sect – 1: OUT, OUT, KNEE POP, HITCH, SIDE STEP WITH BODY ROLL, HOLD, BALL, SIDE, CROSS, BACK, 1 / 8 FORWARD

- 1 – 2 & Step R to the right, step L slightly to the left, pop both knees forward
- 3 & 4 Recover both knees to normal position, hitch R knee, step R to the right and start body rolling from right to left
- 5 & 6 Hold, ball step L next to R, step R to the right
- 7 & 8 Cross L over R, step back on R, turn 1 / 8 to the left stepping L forward (10:30)

Sect – 2: KNEE POP WALKING, MAMBO STEP, HOLD, BALL, CROSS, 1 / 4 TURN STEP, SIDE STEP

- 1 – 2 Walk forward on R and pop L knee, walk forward on L and pop R knee
- 3 & 4 Rock forward on R, recover to L, step back on R
- 5 & 6 Hold, ball step L next to R, cross R over L
- 7 – 8 Turn 1 / 4 to the right stepping L back, step R to the right (1:30)

Sect – 3: CROSS, POINT, BALL, POINT, TOE 3 / 8 UNWIND, SHUFFLE X2

- 1 – 2 & Cross L over R, point R to the right, ball step R next to L
- 3 – 4 Point L to the left, unwind 3 / 8 to the left and transfer weight to L (9:00)
- 5 & 6 Shuffle forward stepping R, L, R
- 7 & 8 Shuffle forward stepping L, R, L

Sect – 4: SKATE X2, 1 / 4 TURN STEP, PIVOT 1 / 2 TURN, STEP, POINT, DRAG

- 1 – 2 Skate forward on R, skate forward on L
- 3 – 4 Turn 1 / 4 to the right stepping forward on R, step forward on L (12:00)
- 5 – 6 Pivot 1 / 2 turn to the right, step forward on L (6:00)
- 7 – 8 Point R to the right, drag R next to L

Sect – 5: BALL, STEP, STEP, TWIST, PIVOT 1 / 2 TURN, SHUFFLE

- & 1 – 2 Ball step R next to L, step forward on L, step forward on R
- 3 Twist both heels to the right and turn your body 1/2 to the left (12:00)
- 4 Twist both heels back in place and turn your body 1/2 to the right (6:00)
- 5 – 6 Step forward on L, pivot 1 / 2 turn to the right (12:00)
- 7 & 8 Shuffle forward stepping L, R, L

Sect – 6: STEP, TWIST, PIVOT 1 / 2 TURN, SHUFFLE, STEP

- 1 – 2 step forward on R, twist both heels to the right and turn your body 1/2 to the left (6:00)
- 3 Twist both heels back in place and turn your body 1/2 to the right (12:00)
- 4 – 5 Step forward on L, pivot 1 / 2 turn to the right (6:00)
- 6 & 7 Shuffle forward stepping L, R, L
- 8 Step forward on R

Sect – 7: CROSS, BACK, CHASSE, STEP 1 / 4 TURN, BALL, SIDE ROCK, RECOVER

- 1 – 2 Cross L over R, step back on R
- 3 & 4 Step L to the left, close R next to L, step L to the left
- 5 – 6 Step forward on R, turn 1 / 4 to the left (3:00)
- & 7 – 8 Ball step R next to L, rock L to the left, recover to R

Sect – 8: STEP, TOUCH, BALL, HEEL, BALL, TOUCH, SAILOR 1 / 4 TURN, SHUFFLE

- 1 – 2 & Step forward on L, touch R slightly behind L, ball step R in place
3 & 4 Touch L heel forward, ball step L in place, touch R slightly behind L
5 & 6 Step R behind L, turn 1 / 4 to the right stepping L to the left, step R forward (6:00)
7 & 8 Shuffle forward stepping L, R, L

- Restart -

Dance it with attitude and joy to this funky piece of music! - Have fun!
