

Ready To Roll

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Jérôme Ciurana (FR) - February 2017
音樂: Ready To Roll - Ruthie Collins



Déscriptif : 16 counts or on lyrics near 7 sec do 4 wall complete and the 16 first steps [5M6H] then do the dance. CCW.

[1-8] SHUFFLE RIGHT AND LEFT, ROCK STEP, TRIPLE FULL TURN

1&2 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward{shuffle}
3&4 Step LEFT forward, Step RIGHT next to right, Step LEFT forward {shuffle}
5-6 Step RIGHT forward, Recover weight on LEFT {rock step}
7&8 1/2 turn right and step RIGHT forward [6H], Step LEFT next to right, 1/2 turn right and step RIGHT forward [12H]

[9-16] ROCK STEP, 1/2 SHUFFLE, HEEL AND TOUCH AND HEEL, CLAP CLAP

1-2 Step LEFT forward, Recover weight on RIGHT {rock step}
3&4 1/2 turn left and step LEFT forward [6H], Step RIGHT next to left, Step LEFT forward {shuffle}
5& RIGHT heel forward, Step RIGHT next to left
6& LEFT toe next to right, Step LEFT next to right
7 RIGHT heel forward
&8 Clap hands, Clap hands {clap}

[17-24] SHUFFLE FORWARD, ROCK STEP, COASTER STEP, STEP 1/4 TURN LEFT

1&2 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward{shuffle}
3-4 Step LEFT forward, Recover weight on RIGHT {rock step}
5&6 Step LEFT back, Step RIGHT next to left, Step LEFT forward {coaster step}
7-8 Step RIGHT forward, Pivot 1/4 turn left [3H]

[25-32] CROSS SHUFFLE, 1/4 TURN, 1/4 TURN, ROCK STEP, COASTER STEP

1&2 Cross RIGHT over left, Step LEFT to left, Cross RIGHT over left {cross shuffle}
3-4 1/4 turn right and step LEFT back [6H], 1/4 turn right and step RIGHT to right [9H]
5-6 Step LEFT forward, Recover weight on RIGHT {rock step}
7&8 Step LEFT back, Step RIGHT next to left, Step LEFT forward {coaster step}

READY TO ROLL !!!!!!!

Les références des heures ne valent que sur le premier mur

Association spirit of country : spiritofcountry@hotmail.fr -
<http://club.quomodo.com/spiritofcountry/bienvenue.html>