

Born Ready

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Chris Cleevely (UK) - March 2018
音樂: Born Ready - Steve Moakler : (Single - Amazon.co.uk)



#16 Count intro.

Section 1 (Counts 1 – 8)

R Shuffle forward; L Shuffle Forward; Rock, Recover; ½ Shuffle R

- 1 & 2 R shuffle forward, stepping R/L/R
- 3 & 4 L shuffle forward, stepping L/R/L
- 5 - 6 Rock forward R, recover weight on L
- 7 & 8 ½ Shuffle over R shoulder, stepping R/L/R (6 o'clock)

Section 2 (Counts 9 – 16)

½ Shuffle R x 2; Syncopated Jazz Box; Step ½ Turn L

- 1 & 2 ½ Shuffle over R shoulder, stepping L/RL (12 o'clock)
- 3 & 4 ½ Shuffle over R shoulder, stepping R/L/R (6 o'clock)
- 5 - 6 Cross L over R, step back on R, touch ball of L
- & 7 - 8 Step forward on R and pivot ½ turn L (12 o'clock)

(Alternative steps for counts 1 – 4: shuffle forward L; shuffle forward R)

Section 3 (Counts 17 – 24)

Step, Point; L Kick & Point R; Heel Switches x 2; ¼ Turn L

- 1 - 2 Step forward on R, point L toe to L side
- 3 & 4 Kick L forward, step weight on L & point R toe to R side
- 5 & 6 Touch R heel forward, switch & touch L heel forward
- & 7 - 8 Step weight on L, step forward on R and pivot ¼ turn L (9 o'clock)

Section 4 (Counts 25 – 32)

Diagonal L, Lock; L, Lock, L; Diagonal R, Lock; R, Lock, R

- 1 - 2 On L diagonal, cross R over L, cross L behind R
- 3 & 4 (Still on L diagonal) step forward on R, cross L behind R, step forward on R
- 5 - 6 On R diagonal, sweeping L cross L over R, cross R behind L
- 7 & 8 (Still on diagonal) step forward on L, cross R behind L, step forward on L

Section 5 (Counts 33 - 40)

Syncopated Jazz Box to straighten up to front wall; Cross Behind, ¼ Turn R; Step ½ Turn, Step R

- 1 - 2 Cross R over L, step back on L
- & 3 - 4 (Straighten up to 12 o'clock), touch ball of R and cross L over R, step R to R side (12 o'clock)
- 5 - 6 Cross L behind R, make ¼ turn R stepping forward on R (3 o'clock)
- 7 & 8 Step forward on L, pivot ½ turn R, step forward on L (9 o'clock)

Section 6 (Counts 41 – 48)

Rock R, Recover; Behind, Side, Cross; Rock L, Recover; Sailor ¼ Turn L

- 1 - 2 Rock R to R side, recover weight on L
- 3 & 4 Cross R behind L, step L to L side, cross R over L
- 5 - 6 Rock to L side, recover weight on R
- 7 & 8 Cross L behind R, make ¼ turn L stepping R to R side, step L to L side (6 o'clock)

****RESTART HERE DURING WALLS 2 & 4****

Section 7 (Counts 49 – 56)

R Kick-ball-change; ¼ Turn L; R Mambo Forward; L Mambo Back

- 1 & 2 Kick R forward, step on ball of R, step forward on L
3 - 4 Step forward on R and pivot ¼ turn L (9 o'clock)
5 & 6 Rock forward on R, recover weight on L, step back on R
7 & 8 Rock back on L, recover weight on R, step forward on L

Section 8 (Counts 457 – 64)

Touch R, Twist Heels; R Coaster Step; Touch L, Twist Heels; L Coaster Step

- 1 & 2 Touch R toe forward and twist heels to the R, twist heels back in place (weight on L)
3 & 4 Step back on R, step L beside R, step forward on R
5 & 6 Touch L toe forward and twist heels to the L, twist heels back in place (weight on R)
7 & 8 Step back on L, step R beside L, step forward on L

**AFTER 48 COUNTS RESTART THE DANCE DURING WALL 2 (FACING 3 O'CLOCK)
AND WALL 4 (FACING 6 O'CLOCK)**

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