

Get Ready

拍數: 48 牆數: 4 級數: Improver
編舞者: Kim Ray (UK) - April 2019
音樂: Get Ready - The Overtones : (Album: Sweet Soul Music)



NO SKULLDUGGERY

Intro: Start after 24 counts

S1: STEP FORWARD TOUCH, STEP BACK TOUCH X 2

1-2 Step right forward to right diagonal, touch left next to right
3-4 Step left back to left back diagonal, touch right next to left
5-6 Step right forward to right diagonal, touch left next to right
7-8 Step left back to left back diagonal, touch right next to left (angling body left through counts 1-8)

S2: WEAVE RIGHT, STEP SIDE, HOLD, BALL SIDE, HOLD

1-2 Step right to right side, cross left behind right
3-4 Step right to right side, cross left over right
(Alternative to 1-4: ¼ turn right stepping forward on right, ½ turn right stepping back on left, ¼ turn right stepping right to right side, cross left over right)
5-6 Step right to right side, hold
&7-8 Step left next to right, step right to right side, touch left next to right

S3: STEP FORWARD TOUCH, STEP BACK TOUCH X2

1-2 Step left forward to left diagonal, touch right next to left
3-4 Step right back to right back diagonal, touch left next to right
5-6 Step left forward to left diagonal, touch right next to left
7-8 Step right back to right back diagonal, touch left next to right (angling body right through counts 1-8)

S4: WEAVE LEFT, STEP SIDE, HOLD, BALL SIDE, HOLD

1-2 Step left to left side, cross right behind left
3-4 Step left to left side, cross right over left
(Alternative to 1-4: ¼ turn left stepping forward on left, ½ turn left stepping back on right, ¼ turn left stepping left to left side, cross right over left)
5-6 Step left to left side, hold
&7-8 Step right next to left, step left to left side, touch right next to left

S5: SIDE, BEHIND, ¼ TURN RIGHT, PIVOT ½ TURN RIGHT, ¼ TURN RIGHT STEP SIDE, BEHIND, ¼ TURN LEFT

1-2 Step right to right side, cross left behind right
3-4 ¼ turn right stepping forward on right, step forward on left
5-6 ½ pivot turn right, ¼ turn right stepping left to left side
7-8 Cross right behind left, ¼ turn left stepping forward on left

S6: RIGHT SHUFFLE FORWARD, PIVOT ½ TURN RIGHT, LEFT SHUFFLE FORWARD, PIVOT ½ TURN LEFT

1&2 Shuffle forward stepping right, left, right
3-4 Step forward on left, ½ pivot turn right
5&6 Shuffle forward stepping left, right, left
7-8 Step forward on right, ½ pivot turn left

TO FINISH: Dance up to Count 8 of Section 4 ... ¼ left stepping right to right side to face 12:00

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