

Whoa.. Get Ready To Ride (aka Bam A Lam)

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Phrased Improver
編舞者: Kathy Brown (USA) - February 2020
音樂: Get Ready (feat. Blake Shelton) - Pitbull



#32ct intro : SEQUENCE AABB tag AABB tag AABBB AAB

Sequence A -32ct -Blake's Bam A Lam

STEP FORWARD RIGHT OUT, LEFT OUT, STEP RIGHT TO CENTER, LEFT TO CENTER, REPEAT TURNING 1/4 LEFT

1-2 Step forward/right diagonal, step forward left diagonal
3-4 Step back right, step back left
5-6 Turning 1/4 left, step forward/right diagonal, step forward left diagonal
7-8 Step back right, step back left

JUMP FORWARD, RIGHT, LEFT, HIP ROLL, JUMP BACK RIGHT, LEFT, HIP ROLL, STEP RIGHT TO SIDE SWAYING HIPS RIGHT, LEFT, RIGHT, LEFT

&1-2 Jump forward right, left, roll hip counter clockwise
&3-4 Jump back right, left, roll hip counter clockwise
5-8 Step right to side as you sway your hips right, left, right, left

1-16 Repeat the first 16cts.

Sequence B: 32ct – Pitbull's verse

RIGHT SIDE SHUFFLE, ROCK, RECOVER, LEFT SIDE SHUFFLE, ROCK, RECOVER

1&2 Step right to side, step left next to right, step right to side
3-4 Rock left behind right, recover right
5&6 Step left to side, step right next to left, step left to side
7-8 Rock right behind left, recover left

RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD, PIVOT 1/2 LEFT, RIGHT KICK BALL CHANGE

1&2 Step right forward, step left next to right, step right forward
3&4 Step left forward, step right next to left, step left forward
5-6 Step right forward, pivot 1/2 left
7&8 Kick right forward, step right to center, change weight to left

RIGHT SIDE SHUFFLE, ROCK, RECOVER, LEFT SIDE SHUFFLE, ROCK, RECOVER

1&2 Step right to side, step left next to right, step right to side
3-4 Rock left behind right, recover right
5&6 Step left to side, step right next to left, step left to side
7-8 Rock right behind left, recover left

SHUFFLE FORWARD RIGHT, SHUFFLE FORWARD LEFT, ROCK FWD, RECOVER, ROCK BACK, RECOVER

1&2 Step right forward, step left next to right, step right forward
3&4 Step left forward, step right next to left, step left forward
5-6 Rock forward right, recover left
7-8 Rock back, right, recover left

TAG: 16ct, (Full turn) 1/4 pivots, hip bumps, hip rolls

1-2 Step right forward, rolling hip counter clockwise turn 1/4 left
3-4 Step right forward, rolling hip counter clockwise turn 1/4 left

- 5-6 Step right forward, rolling hip counter clockwise turn 1/4 left
- 7-8 Step right forward, rolling hip counter clockwise turn 1/4 left

- 1-2 Bump hip right x2
- 3-4 Bump hip left x2
- 5-8 Full rolling hip x2 weight ends on left

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