

Get Ready

拍數: 48 牆數: 4 級數: Phrased Easy Improver
編舞者: Paul Steinborn (DE) - February 2020
音樂: Get Ready (feat. Blake Shelton) - Pitbull



Count: A: 32 B: 16 - Phrases: 9x A; 4x B; 2x A

A-Part

Section 1: LOCK STEP/ HEEL TOUCH SWITCHES/ LOCK STEP/ HEEL TOUCH/ TOGETHER

1 2 & Slide-extended R heel forward (1), Cross L behind R (2), Step side on R (&)
3 & 4 & Heel touch on L (3), Step together on L (&), Heel touch on R (4), Step together on R (&)
5 6 & Slide-extended L heel forward (5), Cross R behind (6), Step side on L (&)
7 & 8 Heel touch on R (7), Step together on R (&), Step in place on L (8)

Section 2: STOMP OUT/ OUT/ BACK/ COASTER STEP/ FLICK R+L/ 2X FLICK R

& 1 2 Stomp diagonal forward on R (&), Stomp diagonal forward on L (1), Step backwards on R (2)
3 & 4 Step backwards on L (3), Step together on R (&), Step forward on R (4)
5 & 6 & Flick with R to R side (5), Step together on R (&), Flick with L to L side (6), Step together on L (&)
7 & 8 Flick with R to R side (7), Step together on R (&), Flick with R to R side (8)

Section 3: CROSS/ BACK/ CHASSEÉ/ CROSS/ 1/4 TURN L/ COASTER STEP

1 2 Cross over on R (1), Step back on L (2)
3 & 4 Step side on R (3), Step together on L (&), Step side on R (4)
5 6 Cross over on L (5), 1/4 turn L with step backward on R (6)
7 & 8 Step backwards on L (7), Step together on R (&), Step forward on L (8)

Section 4: OUT-OUT/ IN-IN/ 1/4 TURN WITH TRAVELING SWIVELS R+L

1 2 Step diagonal forward on R (1), Step diagonal forward on L (2)
3 4 Step back in centre on R (3), Step back in centre on L (4)
5 & 6 1/8 turn R with swiveling R heel to L and L toe to L (5), 1/8 turn R with swiveling R heel to R and L toe to R (&), swivel R heel to L and L toe to L (6)
7 & 8 1/8 turn L with swiveling R heel to R and L toe to R (7), 1/8 turn L with swiveling R heel to L and L toe to L (&), swivel both feet back to centre (8)

B-Part

Section 1: FULL TURN R/ TOUCH+CLAP/ 1 1/4 TURN L /SCUFF R

1 2 1/4 turn R step forward on R (1), 1/4 turn R step side on L (2)
3 4 1/2 turn R step side on R (3), Touch L next to R and Clap (4),
5 6 1/4 turn L step forward on L (5), 1/2 turn L step backwards on R (6)
7 8 1/2 turn L step forward on L (7), Scuff R Heel forward (8)

Section 2: STEP/ HITCH/ STEP/ HITCH/ JUMP OUT/ JUMP IN/ 2X JUMPS

1 2 Step diagonal forward on R (1), Hitch L knee up and bring R arm toward L knee (2)
3 4 Step diagonal forward on L (3), Hitch R knee up and bring L arm toward R knee (4)
5 6 Jump out on BF (5), Jump together on BF (6)
7 8 Jump in Place and push BH up (7), Jump in place and push BH up (8)