

I'm Ready for This

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Hege Langhelle (NOR) - May 2020
音樂: Hold My Hand - Jess Glynne



NO TAGS, NO RESTARTS

(1-8)Diagonal step,touch R and L, fwd and back with claps

- 1-4 Rf step fwd to R diagonal, Lf touch beside Rf and clap, Lf step fwd to L diagonal, Rf touch beside Lf and clap.
5-8 Rf step back to R diagonal, Lf touch beside Rf and clap, Lf step back to L diagonal, Rf touch beside Lf and clap.

(9-16)4x sway RLRL ,ball, 4x sway LRLR, ball.

- 1-4& Rf sway R, Lf sway L, Rf sway R, Lf sway L, ball of Rf beside Lf.
5-8& Lf sway L, Rf sway R, Lf sway L, Rf sway R, ball of Lf beside Rf.

Hands: in front of chest, palms fwd.

(17-24)1/2pivot,2x 1/2shuffle,step,kick.

- 1-2 Rf step fwd, ½ L weight on Lf(6.00)
3&4 ¼ L Rf step R, Lf beside Rf, ¼ L Rf step back(12.00)
5&6 ¼ L Lf step L, Rf beside Lf, ¼ L Lf step fwd(6.00)
7-8 Rf step fwd, Lf kick fwd.

(25-32)cross,back,back,cross,back,1/4,fwd,touch.

- 1-4 Lf cross Rf, Rf step back, Lf step back to L diagonal, Rf cross Lf.
5-8 Lf step back, ¼ R Rf step fwd, Lf step fwd, Rf touch beside Lf(9.00)

START AGAIN.....:)
