

Get Ready For This

COPPER **NOB**
BY STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Bambang Satiyawan (INA) - October 2021
音樂: Get Ready For This (Radio Mix) (Up Music Remix) - 2 Unlimited



Start dance after 40 counts (on up beat / 0:19), 1 Tag, No Restarts

SECTION I. WALK-LOCK SHUFFLE-PIVOT ¼ RIGHT-CROSS SHUFFLE

1 - 2 Walk R-L
3 & 4 Step R forward, Lock L behind R, Step R forward
5 - 6 Step L forward, Turn ¼ right Step R in place
7 & 8 Cross L over R, Step R to side, Cross L over R

SECTION II. TURN ¼ LEFT AND BACK STEP-TURN ¼ LEFT AND SIDE STEP-CROSS SHUFFLE-SIDE ROCK-RECOVER AND TURN ¼ LEFT AND BACK SWEEP-COASTER STEP

1 - 2 Turn ¼ left Step R back, Turn ¼ left Step L to side
3 & 4 Cross R over L, Step L to side, Cross R over L
5 - 6 Rock L to side, Recover and turn ¼ left and Sweep L back
7 & 8 Step L back, Close R beside L, Step L forward

SECTION III. V STEP-TOE STRUT AND TURN ½ LEFT-TOE STRUT

1 - 2 Step R diagonal forward, Step L diagonal forward
3 - 4 Step R back to center, Close L beside R
5 - 6 Touch R forward, Turn ½ left drop your R heel
7 - 8 Touch L forward, Drop your L heel

SECTION IV. BOTA FOGO (R-L)-JAZZ BOX TURN ¼ RIGHT

1 & 2 Cross R over L, Ball L to side, Step R in place
3 & 4 Cross L over R, Ball R to side, Step L in place
5 - 6 Cross R over L, Turn ¼ right Step L back
7 - 8 Step R to side, Step L forward

TAG after wall 4 : SIDE STEP-HOLD

1 - 4 Step R to side, Pose and Hold (weight on both feet)

Enjoy the dance,

Contact person : bambang.1709@gmail.com