

# Ready For It (This Is It)

**COPPER** **KNOB**  
BYEBSHETS

拍數: 48      牆數: 2      級數: Improver  
編舞者: Evan VanScoyk (USA) - September 2022  
音樂: This Is It - Oh The Larceny



No tags, no restarts

Alt song option: Honky-Tonk Josiah Siska

Dance begins on lyrics (after 16 counts)

## HOP HOLD SHAKE/SWIVEL X2 (FWD-BACK)

1 2            Hop fwd (1), Hold (2)  
3 4            Freestyle Shake or Swivel (3-4)  
5 6            Hop back (5), Hold (6)  
7 8            Freestyle Shake or Swivel (7-8)

[Styling: Add your own flair, suggest to **Booty Shake** or **Hip Roll** on odd walls and **Swivel heels and toes** on even walls to match the music]

## TOE TAPS SAILOR X2 (R-L)

1 2            Tap R toe fwd (1), Tap R toe side (2)  
3&4           Step R behind (3), Step L to left (&), Step R to right (4)  
5 6            Tap L toe fwd (5), Tap L toe to left (6)  
7&8           Step L behind (7), Step R to right (&), Step L to left (8)

## TOE TOUCH ¼ KICK COASTER X2 (R-L)

1 2            Touch R toe inwards fwd (1), Turn ¼ right while kick R (2)  
3&4           Step R back (3), Step L back (&), Step R fwd (4)  
5 6            Touch L toe inwards fwd (5), Turn ¼ left while kick L (6)  
7&8           Step L back (7), Step R back (&), Step L fwd (8)

## R ROCKING CHAIR, ¼ TURN W/ HIP ROLL

1 2            Rock R fwd (1), Recover weight onto L (2)  
3 4            Rock R back (3), Recover weight onto L (4)  
5 6            Hip roll while stepping R fwd (5), Turn ⅛ left on L (6)  
7 8            Hip roll while stepping R fwd (7), Turn ⅛ left on L(8)

## STOMP SIDE BEHIND-SIDE-CROSS X2 (R-L)

1 2            Stomp R to right (1), Hold and take weight onto L (2)  
3&4           Step R behind (3), Step L side (&), Step R across (4)  
5 6            Stomp L to left (5), Hold and take weight onto R (6)  
7&8           Step L behind (7), Step R side (&), Step L across (8)

## R ROCKING CHAIR, 4 STAMP ¼ TURN LEFT

1 2            Rock R fwd (1), Recover weight onto L (2)  
3 4            Rock R back (3), Recover weight onto L (4)  
5 6            Turn 1/16 left as you stamp R diagonally right (5), Turn 1/16 left as you stamp R diagonally right (6)  
7 8            Turn 1/16 left as you stamp R diagonally right (7), Turn 1/16 left as you stamp R diagonally right (8)

>> Begin Again

For questions or more dances find me on Facebook @EvanVChoreography

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