Are You Ready



拍數: 32 編數: 4 級數: Easy Intermediate

編舞者: Barbara Tobin (USA) - January 2023

音樂: Something New - Tiggs Da Author: (Amazon Digital)



Big THANKS to Brenda Shatto for her helpful suggestions!

Restart: Wall 10 after 24 counts □ see below.

Intro: 16 counts. Weight on left

(1-8) Rock and coaster, 1/4 right on L w/R hitch, R to side, touch L in/out

1,2 Rock R forward, recover L

3&4 Step R back, close L, step R forward

5,6 Step L forward, 1/4 right turn on L with low R hitch (R to L ankle) [3:00]

Styling option: when hitching R (6), lean right knee to left

7&8 Step R in place, touch L toe next to R, touch L out to side

Styling option: when touching L to side (8), lean left knee to right

(9-16) 2 cross points, 1/4 right crossing shuffle, 1/4 right walk/walk

1,2 Step L forward, point R to right3,4 Step R forward, point L to left

5&6 Cross L over R while starting 1/4 right turn, step R to R (finish turn), cross L over R [6:00]

7,8 1/4 right turn walk R/L [9:00]

(17-24) R forward, kick L forward, rock, recover, step, heel swivels x2, flick

1,2 Step R forward, kick L forward

3,4 Rock L back, recover R

5,6 Step L forward, swivel heels left

7,8 Swivel heels back to center (weight forward on L), flick R behind

Restart here on Wall 10: starts at [9:00], restart at [6:00]

(25-32) 1/4 left pivot with hip roll x2, 1/2 left, step back x2, rock, recover

1,2	Step R forward, pivot 1/4 left while rolling hips counterclockwise [6:00]
3,4	Step R forward, pivot 1/4 left while rolling hips counterclockwise [3:00]

5,6 1/2 left turn step R back, step L back [9:00]

7.8 Rock R back, recover L forward

BEGIN AGAIN

Please do not alter this step sheet in any way. If you would like to use it on your website, it must be used in its original format.

Contact the choreographer with your questions: barbara.tobin@yahoo.com January 2023