

# Ready for the Future

拍數: 48      牆數: 2      級數: High Intermediate  
編舞者: Lucy Cooper (UK) - February 2023  
音樂: Get Ready For the Future - Silverberg & Anna Graceman



Intro: 16 counts

**R forward, ¼ Hitch L, Ball, Cross, Side Rock, Tap, Cross Rock, Recover, Side, Cross Unwind ½ L, Turn ½ L stepping L w. R sweep**

1 2&      Step R forward, turn ¼ L hitching the L knee, recover L in place (9.00)  
3&4&      Cross R over L, rock L to side, step R to R side (angling body to right diagonal), tap L toe beside R  
5 6&      Cross rock L over right, recover onto R, Step L to L side (square up to 9.00)  
7 8      Cross R over L and unwind ½ turn L, step L forward turning ½ L sweeping R forward (9.00)

**Cross Rock, Recover, Side, Cross, Side, Together, Cross, Side Rock, Cross, ¾ L (R L)**

1 2&      Rock R over L, recover onto L, step R to R side  
3&4      Cross L over R, step R to side, close L beside R (popping R knee and angling body L)  
5 6&      Cross R over L, rock L to L side, recover on R  
7 8&      Cross L over R, step R back turning ¼ L, step L forward turning ½ L (12.00)

**Forward Rock, Back w. Sweep, Anchor Sweep, L Sailor Side Touch, Big Side, Tap Behind**

1 2      Rock R forward, recover onto L sweeping R back  
3&4      Rock R back, rock L forward, step R back sweeping L back  
5&6&      Cross L behind R, step R to R side, step L to L side, touch R beside L  
7 8      Big step R to R side dragging L, tap L behind R (arms: both arms throw down to R hip)

**½ L w. Sweep, Press, Sweep, Sailor Diagonal Side Touch, Chasse Prep, ¾ R w. Hitch**

1 2      Step L forward turning ½ L sweeping R forward, press forward onto R toe (6.00)  
3 4&      Step back onto L sweeping R back, cross R behind L, step L to L side  
5&      Step R to R diagonal, touch L beside R  
6&7      Step L to L side, step R beside L, step L to L side (torquing body L and slightly releasing R to a point)  
8      Step R in place turning ¾ R hitching L knee (12.00)

**L Forward Rock, Recover, Pony Back, Back Rock, ½ L, Back Rock, Ball**

1 2      Rock L forward (with optional body roll), recover onto R  
3&4      Step L back hitching R knee, step R in place, step L back hitching R knee  
5 6&      Rock back onto R, recover onto L, step R back turning ½ L (6.00)  
7 8&      Rock back onto L, recover onto R, ball step L forward

**RESTART HERE ON WALL 5 (6.00)**

**R Forward Rock, Recover, Pony Back, L Back, Back Rock, Recover, Full Turn L (R L)**

1 2      Rock R forward (with optional body roll), recover onto L  
3&4      Step R back hitching L knee, step L in place, step R back hitching R knee  
5 6      Step L back, rock back onto R popping L knee  
7 8&      Recover onto L, turn ½ L stepping R back, turn ½ L stepping L forward

**Restart on Wall 5 after 40 counts, 6.00**