

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