

Am I ready ?!

拍數: 32 牆數: 4 級數: Beginner
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音樂: 2 Be Loved (Am I Ready) - Lizzo



S1. Toe strut X2, Side chasse, Back rock, Recover

1-2 RF toe strut to the R
3-4 LF cross toe strut to the R
5&6 RF side chasse
7-8 LF rock back, recover

S2. Vine with ¼ turn, Scuff, Rocking chair

1-2 LF step to the side, RF cross behind LF
3-4 LF step forward with ¼ turn to the L, RF scuff
5-6 RF rock forward, recover
7-8 RF rock back, recover

S3. Jump Fwd & clap X2, Monterey with ½ turn

&1-2 Jump forward (R, L), clap in your hands (up)
&3-4 Jump forward (R, L), clap in your hands (down)
5-6 RF point the R, RF step next to LF with ½ turn to the R
7-8 LF point the le L, LF step next to RF

S4. Heel Fwd diagonal & together X2, Jazz box cross

1-2 RF heel forward diagonal, RF step next to LF
3-4 LF heel forward diagonal, LF step next to RF
5-6 RF cross over LF, LF step back
7-8 RF step to the side, LF cross over RF
