

# Ready To Fall

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Lesley Kidd (UK) & Hayley Goy (UK) - March 2023  
音樂: Let Me Fall - Callum Beattie



Introduction: 24 counts, start on vocals

## SECTION 1: Syncopated forward rocks, ball step, step back, coaster step

1-2&      Rock forward on R, recover weight onto L, step R beside L  
3-4&      Rock forward on L, recover weight onto R, step L beside R  
5-6      Step R back, step L back  
(Wall 3 Restart here with slight step change)\*  
7&8      Step R back, step L beside R, step R forward

## SECTION 2: Left lock step, right lock step, rock, recover, full triple turn

1&2      Step L forward, lock R behind L, step L forward  
3&4      Step R forward, lock L behind R, step R forward  
5-6      Rock forward on L, recover weight onto R  
7&8      Make full turn over L shoulder stepping L, R, L  
(if you do not wish to do full turn, replace counts 7&8 with L coaster step)

## SECTION 3: Rock, recover, ¾ triple turn, samba step, cross, side

1-2      Rock forward on R, recover weight onto L  
3&4      Make ¾ turn over R shoulder stepping R, L, R to face 9:00  
5&6      Step L across R, step R to R side, step L in place  
7-8      Step R across L, step L to L side

## SECTION 4: Behind, side, cross shuffle, step ¼, ½ turn hitch, back, coaster step

1&2      Step R behind L, step L to L side, step R across L  
&3-4      Step L beside R, step R across L, turn ¼ L stepping L forward (6:00)  
5-6      Make a ½ turn to L hitching R knee, step R back (12:00)  
7&8      Step L back, step R beside L, Step L forward

## SECTION 5: Step, kick, coaster step, kick and point, hitch ball cross

1-2      Step R forward, kick L forward  
3&4      Step L back, step R beside L, step L forward  
5&6      Kick R, step R beside L, point L to L side  
7&8      Hitch L knee, step L beside R, step R across L

## SECTION 6: ¼ shuffle, rock, recover, full turn, ¼ shuffle to side

1&2      Turn ¼ L stepping L forward, step R beside L, step L forward (9:00)  
3-4      Rock forward on R, recover weight onto L  
5-6      Turn ½ R stepping R forward, turn ½ R stepping L back  
7&8      Turn ¼ R stepping R to R side, step L beside R, step R to R side (12:00)

## SECTION 7: Cross rock, side shuffle, cross rock, ¼ shuffle

1-2      Rock forward L across R, dipping down, recover weight onto R  
3&4      Step L to L side, step R beside L, step L to L side  
5-6      Rock forward R across L, dipping down, recover weight on L  
7&8      Turn ¼ R stepping R forward, step L beside R, step R forward

## SECTION 8: step, kick, ball step, step, kick, ball step, step, scuff

1-2	Step L forward, kick R forward
&3-4	Step R beside L, step L forward, step R forward
5&6	Kick L forward, step L beside R, step R forward
7-8	Step L forward, scuff R foot forward

**\*RESTART ON WALL 3 WITH SLIGHT STEP CHANGE:**

Dance up to count 6 of section 1

Count 7, rock back on R

Count 8, recover weight on L and restart the dance

**Alternative music track with different tempo:**

Dance can also be done to Hypnosis by Green Lads. The restart is the same but happens on wall 4. This is a much faster pace.

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