

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.
