

R.F.I. (Ready for It)

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Sara B Dancin (USA) - October 2023
音樂: Ready For It - Manwell & J.Pollock



Restart (Wall 8 after 16cts)
Dance begins after 16 counts

[1-8]

1, 2, 3, 4 Jump, Heel Swivels (x3) (Heels, Toes, Heels move to the right)

5,6 Stomp (R), Hold

7 & 8 Coaster Step (L) w/1/4 turn left

(Left foot steps behind the right, turning your body to the left, right meets the left, then left steps forward)

[9-16]

1, 2, 3, 4 Diva Walk (R, hold, L, hold)

(Walk forward with the right foot crossing in front of the left in a slinky, sassy way, then left cross in front of right)

5, 6, 7, 8 Step out (R,L) while putting hands in front R, L (stack one hand on top- doesn't matter which)
Hip roll (counter-clockwise)

(Step out to sides-in place, putting your hands in front of you, stacked, then move hips in a circle left to right)

[17-24]

1, 2, 3, 4 Step back (R, L touch) w/clap, Step back (L, R touch) w/clap

5, 6, 7,8 Jump with feet out at sides, cross R behind L 1/2 turn to right (3 o'clock)

(After you jump out with feet to the sides, then jump putting the right foot behind the left and use the momentum to turn over your right shoulder)

[25-32]

1 & 2, 3, 4 Kick (R), ball (R), cross (L) then slide (to right)

(kick R, step down R, L cross over R, R steps to the right and the left foot slides over to meet the right)

5 & 6, 7, 8 Kick (L), ball (L), cross (R) then slide (to left)

(Kick L foot, step down L, R crosses over L, L foot steps to the left as the right foot slides over to meet the left)

Thanks for viewing!

Follow me on Social Media @sarabdancin

Contact info: daisydukedancinsara@gmail.com