

Ready or Not

拍數: 64 牆數: 2 級數: Improver
編舞者: Amy Glass (USA) - August 2023
音樂: Come N Get It - Desert Belle : (album: Desert Belle)



Intro: 32 counts to start with lyrics

[1-8] 1/2 "K" STEP WITH KICK, 1/4 LEFT WEAVE, HOLD

1,2,3,4 1) Step R forward to right front diagonal, 2) Touch L next to R, 3) Step L back to left back diagonal, 4) Low kick diagonal R

5,6,7-8 5) Step R behind L, 6) Turn 1/4 left stepping L forward [9:00], 7) Step R forward, 8) Hold

[9-16] L ROCKING CHAIR, CHASE TURN RIGHT, HOLD

1,2,3,4 1) Rock L forward, 2) Recover back on R, 3) Rock L back, 4) Recover forward on R

5,6,7-8 5) Step L forward, 6) Turn 1/2 right recovering weight on R [3:00], 7) Step L forward, 8) Hold

[17-24] 1/4 RIGHT INTO 2 VAUDEVILLES (AKA HEEL JACKS)

1,2,3,4 1) Cross Step R in front of L, 2) Turn 1/4 right stepping back/side L [6:00], 3) Touch R heel to right front diagonal, 4) Step R next to L

5,6,7,8 5) Step L across R, 6) Step R side, 7) Touch L heel to left front diagonal, 8) Step L next to R

[25-32] SLOW 1/4 RIGHT TURNING JAZZ BOX

1-2,3-4 1) Step R across L, 2) Hold, 3) Turn 1/4 right stepping L back [9:00], 4) Hold

5-6,7-8 5) Step R side, 6) Hold, 7) Step L forward, 8) Hold

[33-40] ROCK FORWARD R, ROCK BACK L, TRIPLE FORWARD R

1-2,3-4 1) Rock R forward (swing both hands up to shoulder level), 2) Hold (snap or clap), 3) Rock back on L [6:00] (swing both hands down to waist level), 4) Hold (snap or clap)

5,6,7-8 5) Step R forward [9:00], 6) Step L together, 7) Step R forward (swing both hands up to shoulder level) 8) Hold (snap or clap)

[41-48] ROCK BACK L, FORWARD R, TRIPLE FORWARD L WITH 1/2 LEFT

1-2,3-4 1) Rocking L back (swing both hands down to waist level), 2) Hold (snap or clap), 3) Rock forward on R, [6:00] (swing both hands up to shoulder level), 4) Hold (snap or clap)

5,6,7,8 5) Turn 1/4 left stepping L to L [5:00], 6) Step R together, 7) Turn 1/4 left stepping L forward [3:00] 8) Hold

[49-56] R MAMBO STEP KICK, L COASTER STEP

1,2,3,4 1) Rock R forward, 2) Recover back on L, 3) Step R back, 4) Low kick forward L

5,6,7-8 5) Step L back, 6) Step R together, 7) Step L forward, 8) Hold

[57-64] 2 SLOW WALKS, 4 QUICK WALKS

1-2,3-4 1) Turn 1/8 left stepping R forward [1:30], 2) Hold, 3) Turn 1/8 left stepping L forward [12:00], 4) Hold

5,6,7,8 5) Turn 1/8 left stepping R forward [10:30], 6) Turn 1/8 left stepping L forward [9:00], 7) Turn 1/8 left stepping R forward [7:30], 8) Turn 1/8 left stepping L forward [6:00]

BEGIN AGAIN & ENJOY! :)

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