

Not Ready

拍數: 32 牆數: 4 級數: Improver
編舞者: Chloe Stevens
音樂: I'm Not Ready To Make Nice - The Chicks



1 ¼ TURNS, RIGHT SHUFFLE, MAMBO FORWARD, WALK BACK

1-2 Step right into ½ turn right, step left into ¾ turn over right shoulder
3&4 Step forward right, step left behind right, step right forward
5&6 Rock forward onto left and back onto right, step left beside right
7-8 Walk back right and left

COASTER STEP, ROCK AND CROSS, ¾ TURN LEFT, BEHIND SIDE CROSS

9&10 Step right back, put weight onto left, step right foot slightly forward
11&12 Rock left to left side step, weight onto right, cross left over right
13-14 Step right into ¼ turn left, step left foot into ½ turn over left shoulder
15&16 Step right behind left, weight onto left side step, cross right over left

HIP BUMPS LEFT AND RIGHT, ¼ TURN RIGHT, LEFT LOCK STEP, STEP RIGHT BESIDE LEFT

17-18 Step hip bumps left and right
19&20 Hip bumps left, right, left
21-22 ¼ turn step right forward, step left foot forward
23&24 Lock right behind left, step left foot forward, step right foot beside left

LEFT TOE TOUCHES, COASTER STEP, ¼ TURN RIGHT TOE RIGHT, ¼ TURN LEFT HEEL RIGHT, RIGHT MAMBO STEP

25-26 Touch left toe forward, touch left toe to left side step
27&28 Step left back, put weight onto right, step left slightly forward
29&30 ¼ turn right stepping right toe behind left, ¼ turn right with left heel forward
&31&32 Rock right to right side, step weight onto left, step right beside left

REPEAT

TAG

At end of 3rd wall

TOUCH HOOK, LEFT KICK FORWARD, STEP LEFT, TOUCH HOP RIGHT BACK, STEP RIGHT AND LEFT

1-2 Touch left diagonally forward left, hook left over right knee
3-4 Kick left foot forward, step left in front of right
5-6 Touch right toe behind left, hop back on left foot
7-8 Step right foot beside left, step left beside right weight on left

RESTART

During 6th wall on counts 19&20, hip bumps left and right and then restart the dance