

Ready 4u

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 4 級數: Advanced
編舞者: John Robinson (USA)
音樂: I Wasn't Ready for You - Ricochet



THIGH JIVE

Start with feet about shoulder-width apart

- 1& Slap palms of hands on upper thighs twice
2 Right step side right preparing to snap fingers punching right hand down beside outside of right thigh and raising left hand to front of left shoulder
3-4 Left slide next to right (keep weight on right) while snapping fingers at chest height, hold position/claps hands
5& Slap palms of hands on upper thighs twice
6 Left step side left preparing to snap fingers punching left hand down beside outside of left thigh and raising right hand to front of right shoulder
7-8 Right slide next to left (keep weight on left) while snapping fingers at chest height, hold position/claps hands

HEEL SWITCHES WITH HITCH-STEPS

Execute the next 8 counts with a slight up-and-down bouncing motion

- 1&2 Right heel forward, right step next to left, left heel forward
&3&4 Left step next to right, right heel forward, right hitch raising knee, right step next to left
5&6 Left heel forward, left step next to right, right heel forward
&7&8 Right step next to left, left heel forward, left hitch raising knee, left step next to right

SYNCOPATED JUMPS & TOE STRUTS

- 1&2& Jump feet apart, jump crossing right over left, jump feet apart, jump feet together

Option: move arms in same way as feet

Add styling to counts 3-8 by bending knee in slightly as you touch forward. Also allow arms to swing slightly from side to side in a contra motion while snapping fingers

- 3&4& Right toe forward, right heel down to floor while snapping fingers, left toe forward, left heel down to floor while snapping fingers
5&6& Right toe forward, right heel down to floor while snapping fingers, left toe forward, left heel down to floor while snapping fingers
7&8& Right toe forward, right heel down to floor while snapping fingers, left toe forward, hold position/snap fingers

LEFT SIDE SHUFFLE & ½ PIVOT LEFT, RIGHT SIDE SHUFFLE, ANGLED KICKS

- 1&2 Left step side left, right step together, left step side left
&3&4 Pivot ½ turn left on ball of left foot, right step side right, left step together, right step side right
5&6& Left kick across right, left step together, right kick across left, right step together
7&8 Left kick across right, left step together, right touch next to left/clap hands

SIDE TOUCH, ½ PIVOT RIGHT, LEFT SIDE SHUFFLE, SCUFF-HITCH-STEP, HEEL & STEP

- 1-2 Right side touch, pivot ½ turn right and step right next to left
3&4 Left step side left, right step together, left step side left
5&6 Right heel scuff forward, right hitch raising knee, right step next to left
7&8 Left heel forward, left step next to right, step right forward

SYNCOPATED KNEE SLAPS & POINT, ¼ PIVOT LEFT, LEFT FORWARD SHUFFLE, ½ PIVOT LEFT

- 1&2& Raise left knee bent in toward right and slap with right hand, left step next to right, raise right knee bent in toward left and slap with left hand, right step next to left
3-4 Left toe point side left, pivot ¼ turn left rolling left knee into turn and keeping weight on right

- 5&6 Step left forward, right step next to left, step left forward
7-8 Step right forward, pivot ½ turn left onto left

CROSS WALKS, FORWARD SHUFFLES WITH HITCHES

Add style to cross walks by bringing arms up and twisting lower body

- 1-2 Right step forward across left, left step forward across right
3-4 Right step forward across left, left step forward across right
5&6& Step right forward, left step next to right, step right forward, raise left knee while scooting forward on right
7&8& Step left forward, right step next to left, step left forward, raise right knee while scooting forward on left

SKIP BACK, SAILOR SHUFFLES

- 1&2& Step right back, raise left knee while scooting back on right, step left back, raise right knee while scooting back on left
3&4 Step right back, raise left knee while scooting back on right, step left back
5&6 Right step across behind left, left step slightly side left, step right forward
7&8 Left step across behind right, right step slightly side right, left step side left about shoulder-width apart from right

REPEAT
