

Ready For Anything

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Terry Hogan (AUS)
音樂: Bring It On - Rosie Flores



- 1&2 Shuffle forward toward right diagonal right-left-right (body facing front)
3&4 Shuffle forward toward left diagonal left-right-left (body facing front)
5 Rock/step right foot forward toward right diagonal
6 Rock/replace weight backward onto left foot & make ¼ turn right
7-8 Rock/step right foot to the side, rock sideward onto left
- 9-10 Rock sideward onto right foot, hold
&11 Step left foot beside right, step ball of right to the side
&12 Step left foot slightly backward, step right across in front of left
13-14 Rock/step left foot to the side, rock sideward onto right foot
15 Touch ball of left foot beside right
&16 Rock/step ball of left foot slightly backward, rock forward onto right foot
- &17 Step left foot forward toward left diagonal, step right forward to right diagonal
&18 Step left to center, step right across in front of left foot
19 Make ¼ turn left on balls of feet taking weight onto right
20-21 Step left foot forward, touch right toes beside left heel
22-23 Step right foot backward, low kick left foot slightly forward
Option is to hold on count 23
&24 Rock/step left foot slightly backward, rock forward onto right foot
- 25-26 Step left foot forward, touch right toes beside left heel
27-28 Step right foot backward, touch left heel slightly forward
29&30 Shuffle forward left-right-left
31 Touch right toes beside left heel
32 Make ½ turn right on ball of left foot lifting right foot off the floor (bend knee and lift foot to the back)

REPEAT
