

Ready Ready Ready

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jane Lawford (UK)
音樂: Ready to Run - The Chicks



RIGHT HEEL FORWARD & BACK, RIGHT LOCK STEP, LEFT HEEL FORWARD & BACK, LEFT LOCK STEP

1&2 Touch right heel forward & toe back
3&4 Step forward right lock left behind right step forward right
5&6 Touch left heel forward & toe back
7&8 Step forward left lock right behind left step forward left

RIGHT SIDE TOUCH & RECOVER, RIGHT SIDE SHUFFLE, LEFT SIDE TOUCH & RECOVER, LEFT SIDE SHUFFLE

9-10 Touch right toe to right side, recover next to left
11&12 Side step right together right
13-14 Touch left toe to left side, recover next to right
15&16 Side step left together left

Styling: on counts 11 & 12; 15 & 16 you can use Cuban hips)

FULL TURN RIGHT, RIGHT COASTER, KICK BALL CHANGE, TOUCH ¼ TURN LEFT

17-18 Step back right turning ½ right, step forward left turning ½ right
19&20 Step back right, step back left, step forward right
21&22 Left kick forward, step right ball, step onto left
23&24 Touch left toe slightly back, swivel on ball of right to turn ¼ left

Keep weight on right when making ¼ turn left

STEP BACK LEFT & RIGHT, LEFT COASTER, RIGHT HIP BUMPS TWICE, KICK STEP POINT

25 (Ronde) sweep left around and back
26 (Ronde) sweep right around and back
27&28 Step back left, step back right, step forward left
29&30 Bump hips right and slightly back twice
31&32 Kick left forward, step onto left, point right to side

REPEAT