

Ready Set Go

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 4 級數:
編舞者: Georgina Staker
音樂: Blink of an Eye - Ricochet



STEP LOCK & SCUFFS FORWARD

1-4 Step forward on right, lock left behind right, step right forward, scuff left
5-8 Step forward on left, lock right behind left, step forward on left, scuff right

STEPS & SCUFFS ON THE SPOT

1-4 Step right to right side, scuff left next to right, step left to left side scuff right next to left
5-8 Step right to right side, scuff left next to right, step left to left side scuff right next to left

TOE HEEL STRUTS RIGHT & LEFT WITH ½ TURNS

1-8 Step ball of right to right side, slap right heel to floor, cross ball of left over right, slap left heel to floor, step ball of right to right side, slap right heel to floor, cross left over right, unwind turning ½ turn right

1-6 * Cross ball of right over left, slap right heel to the floor, step ball of left to left side, slap left heel to floor, cross ball of right over left, unwind turning ½ turn left

7-8 Double heel bounces on the spot. (leave these two counts out on 1st & 3rd rounds only to fit the dance with the music)

HEEL SWIVELS LEFT AND RIGHT

1-4 Heels left, toes left, heels left, toes left
5-8 Toes right, heels right, toes right, heels right

½ TURN LEFT & HEELS RIGHT, CENTER, LEFT, CENTER

1-4 Touch ball of right back, touch ball of right forward, turn ½ turn left, stomp right next to left
5-8 Heels right, heels center, heels left, heels center

APPLEJACK TURNING ¼ TURN RIGHT

1-8 Applejack turning ¼ turn right

FORWARD STOMPS & HOLDS

1-4 Stomp right forward, hold, stomp left forward, hold
5-8 Stomp right forward, hold, stomp left forward, hold

SINGLE STOMPS & ROCKING MOVE

1-4 Stomp right forward, stomp left forward, stomp right forward, stomp left forward
5-8 Step forward on right, rock back on left, step back on right, rock forward on left

TOE TOUCHES & ½ TURN RIGHT & LEFT

1-4 Touch right toe to right side, touch right toe forward, touch right toe to right side, turn ½ turn right step right together
5-8 Touch left toe to the side, touch left toe forward, touch left toe to the side, turn ½ turn left, step left together

REPEAT

To fit the dance with the music, for the first and third rounds only as per asterisk (*) 1-6 leaving out the 7th and 8th count, then continue the rest of the dance as per dance sheet

