

Ready This Time

COPPER KNOB
STEPSHEETS

拍數: 76 牆數: 4 級數: Intermediate
編舞者: Chris Cleevely (UK)
音樂: Ready to Run - The Chicks



ROCK RIGHT, RECOVER, CHASSE RIGHT & ½ TURN RIGHT, ROCK LEFT, RECOVER, CHASSE LEFT

- 1-2 Rock to right side, recover on left
3&4 Turning chasse right (step right to right side, step left by right and stepping on right foot make ½ turn right)
5-6 Rock to left side, recover on right
7&8 Chasse left (stepping left, right, left)

Optional hand movements: fists on hips

HEEL SWITCHES, RIGHT TOE & CLAP, HEEL SWITCHES, LEFT TOE & CLAP

- 9&10 Touch right heel forward, close right by left and touch left heel forward
&11&12 Close left by right and touch right toe by left, clap, clap
&13&14 Close right by left and touch left heel forward, close left by right and touch right heel forward
&15&16 Close right by left & touch left toe by right, clap, clap

CHASSE LEFT, STOMP, ¼ TURN RIGHT & KICK, RIGHT COASTER STEP, ROCK FORWARD, RECOVER

- 17&18 Chasse left (left, right, left)
19-20 Stomp right beside left, pivot ¼ turn right on left foot and kick right foot forward
21&22 Right coaster step (back on right, left by right, right forward)
23-24 Rock forward on left, recover on right

ROCK LEFT, RECOVER, BACK COASTER STEP, FULL TURNING GRAPEVINE RIGHT

- 25-26 Rock to left side, recover on right
27&28 Left coaster step (back on left, right by left, left forward)
29-32 Full turning grapevine right - stepping right, left, right, touch left

Optional hand movements: Fists on hips counts 29-40

HEEL & TOE X 3, RIGHT KICK BALL CHANGE

- 33&34 Touch left heel forward, close left by right and touch right toe by left
35&36 Touch right heel forward, close right by left & touch left toe by right
37&38 Touch left heel forward, close left by right & touch right toe by left
39&40 Right kick ball change (kick right forward, step on ball of right, step left in place)

STEP & POINT, STEP & TOUCH TWICE

- 41-44 Step back on right, point left toe behind on left diagonal, step left in front, touch right toe by left
45-48 Step back on right, point left toe behind on left diagonal, step left in front, touch right toe by left

RIGHT SHUFFLE FORWARD, ½ TURN LEFT SHUFFLE BACK, ½ TURN RIGHT SHUFFLE FORWARD & STEP ½ TURN RIGHT

- 49&50 Shuffle forward on right, stepping right, left, right
51&52 ½ turn right and shuffle back on left, stepping left, right, left
53&54 ½ turn right and shuffle forward on right, stepping right, left, right
55-56 Step forward on left and pivot ½ turn right (weight on right)

LEFT SHUFFLE FORWARD, ½ TURN LEFT SHUFFLE BACK, LEFT SHUFFLE BACK, ROCK BACK ON RIGHT, RECOVER

57&58	Shuffle forward on left, stepping left, right, left
59&60	½ turn left and shuffle back on right, stepping right, left, right
61&62	Shuffle back on left, stepping left, right, left
63-64	Rock back on right, recover on left

SMALL JUMP RIGHT, TOUCH LEFT, KICK & CLAP, SMALL JUMP LEFT, TOUCH RIGHT, KICK & CLAP, FULL TURNING GRAPEVINE RIGHT, FULL TURNING GRAPEVINE LEFT

&65-66	Small jump to the right (weight on right foot), touch left toe by right and kick left foot & clap (kick & clap at the same time)
&67-68	Small jump to the left (weight on left foot), touch right toe by left and kick right foot & clap (kick and clap at the same time)
69-72	Full turning grapevine right, stepping right, left, right, touch left
73-76	Full turning grapevine left, stepping left, right, left, touch right

Optional hand movements: counts 69-76 click fingers on both hands above head.

REPEAT

FINISH

When reaching the 6th wall, dance up to count 54 (right forward shuffle) then step forward on left and pivot ¼ turn right.
