

Ready To Go

COPPER KNOB
BY STEPHEN METZ

拍數: 0 牆數: 1 級數: Advanced
編舞者: Marilyn Morgan (USA)
音樂: Ready to Go - Republica



Start dance with eyes closed, head down, feet together, both hands at waist level. On count 25 (the first count of the fourth 8 count), slowly start raising head and slowly opening eyes until your head is completely up and your eyes are open on last count

PART A

KNEE POPS/SLIDES

Left arm stays at waist level, hand facing body, while holding right arm forward, elbow locked, palm facing front

- 1 Pop right knee while sliding left foot forward
- 2 Pop left knee while sliding right foot forward
- 3 Pop right knee while sliding left foot forward
- 4 Pop left knee while sliding right foot forward

BIG STEP BACK, CLOSE, BUTTERFLIES

Return right arm to waist level, hand facing body

- 5-6 Big step back on left; close left beside right (if you don't take a big step back, the dance will move forward)
- &7 Split heels; return to center
- &8 Split heels; return to center

BIG STEP BACK, CLOSE, BUTTERFLIES, VAUDEVILLES

- 1-2 Big step back on right; close right beside left (if you don't take a big step back, the dance will move forward)
- &3 Split heels; return to center
- &4 Split heels; return to center
- &5 Step left to left side; cross right over left
- &6 Step back on left; extend right heel forward
- &7 Step right to right side; cross left over right
- &8 Step back on right; extend left heel forward

ELVIS KNEES WITH SHOULDER LIFTS

- & Step left to left side (feet should be shoulder width apart)
- Arms straight down to sides, elbows straight, palms up. When you pop right knee, right shoulder will go up, left shoulder will go down. When you pop left knee, left shoulder will go up, right shoulder will go down
- 1 Keeping left leg straight, pop right knee in
 - 2 Keeping right leg straight, pop left knee in
 - 3 Keeping left leg straight, pop right knee in
 - & Keeping right leg straight, pop left knee in
 - 4 Keeping left leg straight, pop right knee in
 - 5 Keeping right leg straight, pop left knee in
 - 6 Keeping left leg straight, pop right knee in
 - 7 Keeping right leg straight, pop left knee in
 - & Keeping left leg straight, pop right knee in
 - 8 Keeping right leg straight, pop left knee in

LEFT SIDE, BEHIND, LEFT SIDE, CROSS, LEFT SIDE, STOMP

Keep right arm at waist level, palm facing body. Left arm down to left side, palm facing back

- 1-2 Step left to left side; step right behind left
- &3 Step left to left side; cross right over left
- &4 Step left to left side; stamp right beside left

FULL TURN, STAMP

Both hands at waist level

- 5 Turn $\frac{1}{4}$ to right and step right forward
- 6 Turn $\frac{1}{2}$ to right and step left
- 7 Turn $\frac{1}{4}$ to right and step right
- 8 Stamp left beside right

WALK BACK LEFT, RIGHT, SCOOT/TAP, SCOOT/TAP

- 1-2 Walk back left, right
- &3 Scoot back on right; tap left toe back
- &4 Scoot back on right; tap left toe back

STEP, SCUFF, SHUFFLE

- 5-6 Step forward left; scuff right
- 7&8 Shuffle forward right-left-right

CROSS, BACK, HEEL, STEP, TOUCH, BACK, HEEL, STEP

- 1 Cross left over right
- &2 Step back on right; extend left heel forward
- &3 Step forward left; touch right beside left
- &4 Step back on right; extend left heel forward
- & Step forward on left

MONTEREY TURNS

Right arm down to side, palm facing back. Look down at right hand. Left arm stays at waist level, palm facing body

- 5 Touch right toe to right side

Right arm back to waist level, palm facing body

- 6 Turn $\frac{1}{2}$ to right and step right beside left

Left arm down to side, palm facing back. Look down at left hand. Right arm stays at waist level, palm facing body

- 7 Touch left toe to left side

Left arm back to waist level, palm facing body

- 8 Close left beside right

Right arm down to side, palm facing back. Look down at right hand. Left arm stays at waist level, palm facing body

1 TOUCH RIGHT TOE TO RIGHT SIDE

Right arm back to waist level, palm facing body

- 2 Turn $\frac{1}{2}$ to right and step right beside left

Left arm down to side, palm facing back. Look down at left hand. Right arm stays at waist level, palm facing body

- 3 Touch left toe to left side

Left arm back to waist level, palm facing body

- 4 Close left beside right

PART B

TRAVELING APPLEJACKS

Extend right hand up, elbow straight, palm facing left. Left arm stays at waist level, palm facing in. Look up at hand

- 1 With weight on right heel and ball of left foot, swivel right toe to the right and left heel to the right

Bring hand down, palm facing left; left arm stays in position. Look forward

2 With weight on left heel and ball of right foot, swivel right heel to right and left toe to right

Right hand crosses body at chest level, palm facing down. Left arm stays in position. Look to left

3 With weight on right heel and ball of left foot, swivel right toe to the right and left heel to the right

Keeping right arm at chest level, move to right. Look forward. Left arm stays in position

4 With weight on left heel and ball of right foot, swivel right heel to right and left toe to right

Extend right hand up, elbow straight, palm facing left. Left arm stays at waist level, palm facing in. Look up at hand

5 With weight on right heel and ball of left foot, swivel right toe to the right and left heel to the right

Bring hand down, palm facing left; left arm stays in position. Look forward

6 With weight on left heel and ball of right foot, swivel right heel to right and left toe to right

Right hand crosses body at chest level, palm facing down. Left arm stays in position. Look to left

7 With weight on right heel and ball of left foot, swivel right toe to the right and left heel to the right

Keeping right arm at chest level, move to right. Look forward. Left arm stays in position

8 With weight on left heel and ball of right foot, swivel right heel to right and left toe to right

KICK BACK, ½ TURN RIGHT, COASTER, BEND WITH HIP BUMPS, UP WITH HIP BUMPS

Return both arms to waist level

1 Kick right foot back

2 Make ½ turn on left foot and hitch right knee

3&4 Right coaster step

With hands at waist level, make loose fists. With fists facing down, cross right hand over left. When bumping hips to right, uncross hands. While bumping hips to left, cross hands

5&6 Bend forward and shimmy hips, bumping right-left-right

7-8 Straighten back up and bump hips right-left-right

KICK BACK, ½ TURN RIGHT, COASTER, BEND WITH HIP BUMPS, UP WITH HIP BUMPS

1-8 Repeat previous 8 counts

¼ TURN LEFT, HIP BUMPS, ½ TURN RIGHT, HIP BUMPS

Return arms to waist level

1 Make ¼ turn to left and step right to right side while bumping hips to right

2 Bump hips to left

3&4 Bump hips right-left-right

5 Make ½ turn to right and step left to left side while bumping hips to left

6 Bump hips to right

7&8 Bump hips left-right-left

½ TURN LEFT, HIP SWAYS

1-4 Make ½ turn to left and step right to right side and sway hips right-left-right-left

TOE/HEEL DROPS FORWARD

With elbows bent, clasp hands in front (shoulder level) and shake hands forward/back/forward. Head faces forward and hands should be forward of right shoulder

5&6 Step forward right; lift right heel; drop right heel

Shake hands forward/back/forward while turning head to face front wall (12:00). Hands should be in front of left shoulder

7&8 Step forward left; lift left heel; drop left heel

Face forward and shake hands forward/back/forward, hands forward of right shoulder

1&2 Step forward right; lift right heel; drop right heel

Shake hands forward/back/forward while turning head to face front wall (12:00)

3&4 Step forward left; lift left heel; drop left heel

STEP, ½ PIVOT LEFT, STEP, ¼ PIVOT LEFT

Return hands to waist level

5-6 Step forward right; pivot ½ turn to left

7-8 Step forward right; pivot ¼ turn to left (you will now be facing front wall)

2 JUMPS FORWARD, HOLD, 2 JUMPS FORWARD, HOLD

Extend both arms forward, palms down

&1 Keeping feet hip distance apart, small jumps forward rl

Fist hands, snap arms back so elbows are at sides, turning wrists so fists face up

2 Hold

Extend both arms forward, palms down

&3 Keeping feet hip distance apart, small jumps forward rl

Fist hands, snap arms back so elbows are at sides, turning wrists so fists face up

4 Hold

KNEE BENDS WITH SNAKE ARMS

Cross arms in front, palms up

5 Keeping feet hip distance apart, bend both knees to center

Turning palms up, uncross arms

6 Bend both knees outward

7-8 Repeat counts 5-6

CROSS, UNWIND ½, CROSS BEHIND, UNWIND ½

Return arms to waist level

1-2 Cross left over right; unwind ½ turn to right

3-4 Cross right behind left; unwind ½ turn to right (you will be facing front wall)

PART C

Hands stay at waist level

ROCK, RECOVER, TRIPLE STEP, ROCK, RECOVER, TRIPLE STEP

1-2 Rock forward left; recover back on right

3&4 Triple step in place left-right-left

5-6 Rock forward right; recover back on left

7&8 Triple step in place right-left-right

STEP LEFT, RIGHT TO LEFT SIDE, FULL TURN, SHUFFLE, ROCK, RECOVER

1-2 Step left to left side; step right behind left

3-4 Step left to left side and make ½ turn to left; step right to right side and make ½ turn to left

5&6 Shuffle left-right-left to left side

7-8 Rock back right; recover forward on left

STEP RIGHT, LEFT TO RIGHT SIDE, FULL TURN, SHUFFLE, ROCK, RECOVER

1-2 Step right to right side; step left behind right

3-4 Step right to right side and make ½ turn to right; step left to left side and make ½ turn to right

5&6 Shuffle right-left-right to right side

7-8 Rock back on left; recover forward on right

WEAVE

1-8 Step left to left side; step right behind left; step left to left side; cross right over left; step left to left side; step right behind left; step left to left side; cross right over left

DOUBLE COUNT WEAVE

&1 Step right to right side; cross left over right

&2 Step right to right side; step left behind right

&3 Step right to right side; cross left over right

- &4 Step right to right side; step left behind right
- &5 Step right to right side; cross left over right
- &6 Step right to right side; step left behind right
- &7 Step right to right side; cross left over right
- &8 Step right to right side; touch left beside right

STEP, SLIDE, FULL TURN, STEP, SLIDE, STEP, SLIDE

- 1-2 Step left to left side; slide right to meet
- 3-4 Step left to left side and make ½ turn to left; step right to right side and make ½ turn to left
- 5-6 Step left to left side; slide right to meet
- 7-8 Step left to left side; slide right to meet

THE SEQUENCE IS

All of A

Start with Elvis knees of Part A and complete up to, but not including, Monterey turns. Instead of Monterey turns, do:

Right arm down to side, palm facing back. Look down at right hand. Left arm stays at waist level, palm facing body

- 5 Touch right toe to right side

Right arm back to waist level, palm facing body

- 6 Close beside left

Left arm down to side, palm facing back. Look down at left hand. Right arm stays at waist level, palm facing body

- 7 Touch left toe to left side

Left arm back to waist level, palm facing body

- 8 Close beside left

Continue with Part B, All of Part A

Start with Elvis knees of Part A and do the next 16 counts (ending with full turn to right)

Then do B, C, A, B, A, then Elvis Knees of Part A
