

# Ready To Run

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Trent Duncan (AUS)  
音樂: Ready to Run - The Chicks



- 1-4            Step right forward, touch left together, step left forward, touch right together  
5-8            Step right forward, touch left together, step left forward, touch right together
- &1&2          Step right back slightly, touch left heel forward, step on left, scuff right  
3-4            Step right forward, pivot ½ turn left  
5&6            Shuffle forward right-left-right turning ½ turn left  
7&8            Shuffle back left-right-left
- 1&2            Touch right toe over left foot, place/step right slightly to right. Touch left toe over right foot  
&3&4          Place/step left slightly to left, place right heel forward, return right to right side, place left heel forward  
&5&6          Return left to left, touch right toe to right side, return right to center, touch left to left side  
&7-8          Return left to center, touch right to right side, bring right together turning a ¼ turn right taking weight onto right foot
- 1&2            Step left over right, step right to right side, step left to left side. (left samba step)  
3&4            Step right over left, step left to left side, step right to right side. (right samba step)  
5&6            Step left over right, step right back turning ¼ left, step left forward turning ½ left  
7&8            Shuffle right-left-right forward
- 1&2            Step left behind right, step right to right side, step left to left side. (left sailor step)  
3&4            Step right behind left, step left to left side, step right to right side. (right sailor step)  
5-6            Touch left behind right, unwind ¾ turn left. (taking weight onto left)  
7&8            Touch right heel forward, step onto right, step left forward. (right heel ball-change)
- 1-2            Step right forward, pivot ½ turn left  
3&4            Shuffle forward right-left-right turning ½ turn left  
5&6            Shuffle back left-right-left turning ½ turn left  
&7&8          Step right to right side, step left to left side, step right to center, step left to center

## REPEAT

## BRIDGE

**The bridge is after the first wall on the dance before you start your second wall. This only happens once.**

- 1&2&          Touch right forward pivoting ¼ turn left. Touch right forward pivoting ¼ turn left  
3&4&          Touch right forward pivoting ¼ turn left. Touch right forward pivoting ¼ turn left (this should make a full turn)  
5&6            Step right over left, step left to left side, step right to right side. (right samba step)  
7&8            Step left over right, step right to right side, step left to left side. (left samba step)  
9-10          Step right forward, pivot ½ left  
11&12        Shuffle forward right-left-right  
13&14        Shuffle forward left-right-left  
15-28        Repeat 1-14 of the bridge