

# Ready-Steady

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Chris Hodgson (UK)  
音樂: I Get So Rattled - Jill Morris



## HEEL-BALL-CHANGE (TWICE), ROCK STEP/COASTER STEP (RIGHT AND LEFT)

1&2      Touch right heel forward, step right together, step left in place  
3&4      Repeat counts 1&2  
5-6      Rock right forward, recover onto left  
7&8      Step right back, step left together, step right forward  
9-16     Repeat counts 1-8 starting with left foot

## SHUFFLE FORWARD, ½ TURN RIGHT, SHUFFLE FORWARD, ½ TURN LEFT

17&18    Shuffle forward right, left, right  
19-20    Step left forward, turn ½ right (weight to right)  
21&22    Shuffle forward left, right, left  
23-24    Step right forward, turn ½ left (weight to left)

## SIDE TOUCHES AND CROSS STEPS (FORWARD AND BACK)

25-26    Touch right to side, cross right over left  
27-28    Touch left to side, cross/touch left over right  
29-30    Touch left to side, cross left behind right  
31-32    Touch right to side, cross/touch right behind left

Finger snaps can be added on counts 25-32

## SIDE ROCK, SYNCOPATED ROCK STEP, SYNCOPATED ½ TURN LEFT, STEP-STEP

33-34    Rock right to side, recover onto left  
&35-36   Step right in place, rock left to side, recover onto right  
&37-38   Step left together, step right forward, turn ½ left (weight to left)  
39-40    Step right forward, step left forward

## SYNCOPATED STEPS (FORWARD-BACK) AND CLAPS, STEP ½ TURN, STEP ¼ TURN

&41      Small step right forward, small step left forward  
42      Clap  
&43      Small step right back, small step left back  
44      Clap  
45-46   Step right forward, turn ½ left (weight to left)  
47-48   Step right forward, turn ¼ left (weight to left)

REPEAT

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