

# I'm Not Ready

拍數: 72      牆數: 4      級數:  
編舞者: Hubert Aubin (CAN) & Monique Aubin (CAN)  
音樂: Rescue Me - Rick Tippe



- 1-2            Step forward on right foot, slide left foot behind  
3-4            Step forward on right foot, touch left foot beside  
5-6            Step forward on left foot, slide right foot behind  
7-8            Step forward on left foot, touch right foot beside
- 9-12           Touch right toe to the side, hold, touch right toe back, hold  
13-14          Touch right toe to the side, touch right toe back  
15-16          Touch right toe to the side, cross right foot in front of left  
17-18          Unwind ½ turn to the left, clap
- 19-20          Touch left toe forward, as you change weight to left foot drop left heel down  
21-22          Touch right toe forward, as you change weight to right foot drop right heel down  
23-26          Repeat 19-22
- 27-30          Touch left toe to the side, hold, touch left toe back, hold  
31-32          Touch left toe to the side, touch left toe back  
33-34          Touch left toe to the side, cross left foot in front of right  
35-36          Unwind ½ turn to the right, clap
- 37-38          Touch right toe forward, as you change weight to right foot drop right heel down  
39-40          Touch left toe forward, as you change weight to left foot drop left heel down  
41-44          Repeat 37-40
- 45&46          Side shuffle to the right (right, left, right)  
47-48          Rock back onto left foot, step in place on right foot
- 49&50          Side shuffle to the left (left, right, left)  
51-52          Rock back onto right foot, step in place on left foot
- 53-54          Touch right toe to the side, hold  
55-56          Quickly step right foot home & touch left toe to the side, hold

## PENDULUM SWINGS

- 57            Quickly step left foot home & touch right toe to the side  
58            Quickly step right foot home & touch left toe to the side  
59            Quickly step left foot home & touch right toe to the side  
60            Touch right toe beside left (home)
- 61&62          Shuffle forward, (right, left, right)  
63&64          Shuffle forward (left, right, left)
- 65-66          Step forward on right foot, pivot ½ turn to the left
- 67&68          Shuffle forward (right, left, right)  
69&70          Shuffle forward (left, right, left)

71-72

Step forward on right foot, pivot  $\frac{1}{4}$  turn to the left

**REPEAT**

If you dance to "Rescue Me":

After you have done the sequence 5 times, the music start to gradually fade out, do step 1-36 then keep doing 37-40 (toe, heel) as you head to your seat (or maybe, if you could just work up the nerve, toe heel on over and talk to her!).

---