

I'm Not Ready

COPPER KNOB
STEPPERS

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



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|-------|--|
| 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

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|-------|---|
| 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!).
