

I'm Not Ready

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 3 級數: Advanced
編舞者: Karen Jennings (AUS)
音樂: Not Ready to Make Nice - The Chicks



Sequence: AABAB, TAG, B(1-32, then add an & count to step left beside right), B, A(1-20), A

PART A

ROCK FORWARD, REPLACE, SHUFFLE BACK, TOUCH BACK, ¼ PIVOT, STEP BESIDE, CROSS STEP, STEP SIDE

- 1-2-3&4 Rock forward right, replace weight left, shuffle back stepping right, left, right
5-6&7-8 Touch left toe back, ¼ turn pivot over left (keep weight right), step left together, step right over left, step left to left side. (9:00)

RIGHT SAILOR, STEP BEHIND, STEP FORWARD ¼, STEP SIDE ¼, ROCK BACK, REPLACE, FULL TURN TRIPLE

- 1&2-3&4 Step right behind left, step left to left side, step right to right side, step left behind right, turning ¼ turn right step right forward, continue turning ¼ turn over right to step left to left side
5-6-7&8 Rock back on right (45 degrees angle), replace weight left, turning full turn over left, traveling right step right, left, right. (3:00)

SWEEP STEP BACK, SWEEP STEP BACK, COASTER STEP, STEP FORWARD, ½ TWIST 1 ½ TURN

- 1-2-3&4 Sweep step back left, sweep step back right, step back left, step right beside left, step left forward
5-6-7&8 Step right forward, twist ½ turn on toes over left, (end with weight on left), traveling back turn 1 ½ over right stepping right, left, right. (3:00)

STEP FORWARD, DRAG, STEP BESIDE, ROCK FORWARD, REPLACE, COASTER STEP, STEP FORWARD, ¾ PIVOT

- 1-2&3-4 Step left forward, drag right towards left, step right beside left, rock step left forward, replace weight on right
5&6-7-8 Step left back, step right beside left, step left forward, step right forward, ¾ turn pivot over left (ending with weight on left) (6:00)

PART B

FORWARD COASTER, BACK COASTER, STEP FORWARD, ½ PIVOT, ½ SHUFFLE BACK

- 1&2-3&4 Step right forward, step left beside right, step right back, step left back, step right beside left, step left forward
5-6-7&8 Step right forward, ½ turn pivot over left (ending with weight left), turning a further ½ turn over left shuffle back stepping right, left, right. (6:00)

½ SHUFFLE FORWARD, STEP FORWARD, ½ PIVOT, STEP FORWARD, 1 ½ TURN, ROCK BACK, REPLACE

- 1&2-3&4 Turning a further ½ turn over left shuffle forward left, right, left, step right forward, ½ turn pivot over left (end with weight on left), step right forward
5-6&7-8 Turning 540 degrees over right step forward left, right, left, rock right back, replace weight left(6:00)

RIGHT SAMBA, CROSS, ¼ TURN, ¼ TURN, RIGHT SAMBA, CROSS, ¼ TURN, ¼ TURN

- 1&2-3&4 Cross step right over left, step left to left side, step right to right side, cross step left over right, turning ¼ turn left step back on right, turning ¼ turn left step left to left side
5&6-7&8 Cross step right over left, step left to left side, step right to right side, cross step left over right, turning ¼ turn left step back on right, turning ¼ turn left step left to left side (6:00)

CROSS ROCK, REPLACE, STEP BESIDE, CROSS ROCK, REPLACE, STEP BESIDE, STEP FORWARD, ½ PIVOT, STEP FORWARD, ½ PIVOT, STEP FORWARD

- 1-2&3-4& Cross rock right over left, replace weight on left, step right beside left, cross rock left over right, replace weight on right, step left beside right
- 5-6-7&8 Step right forward, ½ turn pivot over left (ending with weight on left), step right forward, ½ turn pivot over left (ending with weight on left), step right forward. (6:00)

SIDE ROCK, REPLACE, STEP BESIDE, SIDE ROCK, REPLACE

- 1-2&3-4 Rock step left to left side, replace weight on right, step left beside right, rock step right to right side, replace weight on left

TAG

LUNGE FORWARD, REPLACE, ½ TURN SHUFFLE FORWARD, STEP FORWARD, ½ PIVOT, STEP FORWARD, SHUFFLE FORWARD

- 1-2-3&4 Lunge step right forward, replace weight on left, turning ½ turn over right, shuffle forward right, left, right
- 5&6-7&8 Step left forward, ½ turn pivot over right (ending with weight on right), step left forward, shuffle forward right, left, right

LUNGE FORWARD, REPLACE, ½ TURN SHUFFLE FORWARD, STEP FORWARD, ½ PIVOT, STEP FORWARD SHUFFLE FORWARD

- 1-2-3&4 Lunge step left forward, replace weight on right, turning ½ turn over left, shuffle forward left, right, left
- 5&6-7&8 Step right forward, ½ turn pivot over left (ending with weight on left), step right forward, shuffle forward left, right, left
-