

I'm Ready

拍數: 32 牆數: 4 級數: Improver
編舞者: William Sevone (UK)
音樂: Bring It On - Rosie Flores



2X CROSS ROCK-STEP-SIDE STEP, ½ LEFT CHASSE LEFT

- 1-2 Cross rock left foot behind right, step onto right foot
3 Step left foot to left side
4-5 Cross rock right foot behind left, step onto left foot
6 Step right foot to right side
7&8 Turn ½ left & step left foot to left side, step right foot next to left, step left foot to left side, (6:00)

CROSS ROCK, ROCK, ¼ RIGHT STEP FORWARD, ½ RIGHT SIDE STEP, CROSS STEP, SIDE STEP, CROSS SHUFFLE

- 9-10 Cross rock right foot over left, rock onto left foot
11-12 Turn ¼ right & step forward onto right foot, turn ½ right & step left foot to left side
13-14 Cross step right foot behind left, step left foot to left side
15&16 Cross step right foot over left, step left foot to left side, cross step right foot over left, (3:00)

¼ RIGHT ROCK FORWARD, ROCKS FORWARD- BACKWARD WITH EXPRESSION, STEP DOWN, ¼ LEFT SIDE STEP, CROSS STEP-½ RIGHT-STEP FORWARD

- 17-18 Turn ¼ right & (leaning slightly backward) rock forward onto left foot, rock onto ball of right foot
19-20 (Leaning slightly backward) rock forward onto left foot, rock onto ball of right foot

Counts 17-20: both forearms raised to shoulder height, palms open facing shoulders - bend (beckon) fingers toward you in time with each count

- 21-22 Step onto left foot, turn ¼ left & step right foot to right side
23&24 Cross step left foot behind right, turn ¼ right & step forward onto right foot, turn ¼ right & step forward onto left foot, (9:00)

¼ LEFT SIDE ROCK, ROCK, ROCK WITH ¼ LEFT, ROCK BACKWARD, ROCK, SIDE TOE TOUCH, CROSS STEP, UNWIND ½ LEFT

- 25-26 Turn ¼ left & rock right foot to right side, rock onto left foot
27-28 Rock onto right foot & turn ¼ left, rock backward onto left foot
29-30 Rock onto right foot, touch left toe to left side
31-32 Cross step left foot behind right, unwind ½ left (weight on right foot), (9:00)

REPEAT

DANCE FINISH

On count 32 of wall 11 do the following -

Unwind ¾ left with left hand behind back and right hand on hat brim