

# Be Prepared

拍數: 64      牆數: 2      級數: Improver  
編舞者: Ross Brown (ENG)  
音樂: Be Prepared - Original Cast Of The Lion King



## POINT FORWARD RIGHT, LEFT, ROCK FORWARD, COASTER STEP

1-2      Point right foot forward, place right next to left  
3-4      Point left foot forward, place left next to right  
5-6      Rock forward with right, recover onto left  
7&8      Step back with right, place left next to right, step forward with right

## POINT FORWARD LEFT, RIGHT, ROCK FORWARD, COASTER STEP

9-10      Point left foot forward, place left next to right  
11-12      Point right foot forward, place right next to left  
13-14      Rock forward with left, recover onto right  
15&16      Step back with left, place right next to left, step forward with left

## HALF BOX, WALK FORWARD RIGHT, LEFT, RIGHT SHUFFLE, ROCK FORWARD

17-18      Cross step right over left, step back onto left turning an eighth right  
19-20      Walk forward right, left. (facing 130)  
21&22      Step forward with right, bring left up to right, step forward with right. (facing 1:30)  
23-24      Rock forward with left, recover onto right

## TURNING SHUFFLE, ROCK, WEAVE, POINT, CROSS STEP

25&26      Step left turning to the left an eighth left, step right next to left turning a ¼ left, step left turning to the left another ¼  
27-28      Rock right to the right, recover onto left  
29&30      Step right behind left, step left to the left, step right over left  
31-32      Point left to the left, step left over right

## (STEP, DRAG)TWICE, ROLLING VINE

33-34      Step right a big step right, drag left up to right  
35-36      Repeat steps 33-34  
37-40      Step left turning to the left ¼, step forward with right turning a half left, step back onto left turning ¼ left, touch right next to left

## (STEP, DRAG)TWICE, ROLLING VINE

40-48      Repeat steps 33-40

## MONTEREY TURN, RIGHT HEEL FORWARD, LEFT HEEL FORWARD, RIGHT TOE BACKWARD, LEFT HEEL FORWARD

49-50      Touch right to the right, bring right back into left turning a half right  
51-52      Touch left to the left, place left next to right  
53&54&      Touch right heel forward, place right next to left, touch left heel forward, place left next to right  
55&56&      Touch right toe backward, place right next to left, touch left heel forward, place left next to right

## MONTEREY TURN, RIGHT HEEL FORWARD, LEFT HEEL FORWARD, RIGHT TOE BACKWARD, LEFT HEEL FORWARD

57-64      Repeat steps 49-56

REPEAT

