

Are You Ready

拍數: 32 牆數: 0 級數:
編舞者: Chris Hodgson (UK)
音樂: Are You Ready For Love (feat. The Detroit Spinners) - Elton John



FORWARD MAMBO, BACK ROCK, LOCK FORWARD, STEP- $\frac{1}{4}$ -CROSS

1&2 Step forward on right, rock weight back onto left, step right next to left
3-4 Step back on left, rock weight forward onto right
5&6 Step forward on left, lock right behind left, step forward on left
7&8 Step forward on right, pivot $\frac{1}{4}$ turn left, cross step right over left

SIDE-BEHIND, CHASSE, CROSS-ROCK-SIDE, $\frac{1}{2}$ TURN CHASSE

1-2 Step left to left side, cross right behind left
3&4 Step left to left side, step right next to left, step left to left side
5&6 Cross right over in front of left, rock weight back onto left, step right to right side
7&8 $\frac{1}{2}$ turn right on ball of right stepping left to left side, step right next to left, step left to left side

SAILOR STEP, BEHIND- $\frac{3}{4}$ UNWIND, STEP- $\frac{1}{4}$ TURN, CROSS SHUFFLE

1&2 Cross right behind left, step left slightly to left, step right slightly to right
3-4 Cross left toe behind right heel, unwind $\frac{3}{4}$ turn left (weight ends on left)
5-6 Step forward on right, pivot $\frac{1}{4}$ turn left
7&8 Cross step right over left, step left to left side, cross step right over left

CHASSE, BACK & SIDE, BEHIND-SIDE-CROSS, SIDE- $\frac{1}{2}$ HINGE TURN

1&2 Step left to left side, step right next to left, step left to left side
3&4 Step back on right, rock weight forward onto left, step right to right side
5&6 Step left behind right, step right to right side, cross step left over in front of right
7-8 Step right to right side, $\frac{1}{2}$ hinge turn left on ball of right stepping left to left side

REPEAT

RESTART

Dance 4 complete walls, then dance up to count 16, then restart the dance from count 1