

Ready, Set, GO!

拍數: 32 牆數: 2 級數: Easy Intermediate
編舞者: Michael Lynn (UK) - June 2009
音樂: Work - The Saturdays : (CD: Single - 3:22)



32 count intro

Album: "Chasing Lights" by The Saturdays (Track 6 - 3:13 - no tags/restarts)

Step-Heel Splits X2, Kick-Backside Step, Left Kitchen Step

1&2 Step left forward, split heels outward, return heels in,
3&4 Step right forward, split heels outward, return heels in,
5&6 Kick left forward, step left large step back to left side, step right to right side,
7&8 Hitch left, step left beside right, step right beside left.

NOTE: Kitchen step is the name I use for a hitch ballstep ;)

Steps X2, Pivot 1/4 Turn Left, Cross-Hold, Weave, Cross, 1/4 Turn Left

1-2& Step forward left, step forward right, pivot 1/4 turn left,
3-4 Cross right over left, hold count 4,
5-6& Step left to left side, cross right behind left, step left to left side,
7-8 Cross right over left, step left 1/4 left.

Step, Pivot 1/4 Left, Cross, Mini-Weave, Heel Switches, Hitch 'N' Hooks, Back Hitch 1/4 Left

1&2 Step forward right, pivot 1/4 turn left, cross right over left,
3&4 Step left to left side, cross right behind left, step left to left side,
5&6& Touch right heel forward, step right beside left, touch left heel forward, step left beside right,
7& Touch right heel forward, hitch right across left,
8& Touch right heel forward, twist 1/4 left while back hitching right

Right Scuff/Hitch, Right Shuffle, Step, Pivot 1/2 Right, Hip Roll

1 Scuff right through into a hitch,
2&3 Step forward right, close left beside right, step forward right,
4-5 Step forward left, pivot 1/2 turn right,
6-8 Touch left forward while circling hips clockwise over 3 counts (keeping weight on right).

TAG (Danced on Wall 1; facing the back & Wall 3: facing the front)

Syncopated Jazzbox, Cross Touches X2, Right Coaster Step

1-2& Cross left over right, step right back right, step left beside right,
3-4 Cross right over left, touch left to left side,
5-6 Cross left over right, touch right to right side,
7&8 Step right back, step left next to right, step forward right.

Step, Pivot 1/2 Turn Right, Shuffle Full Turn Right, Walk 'N' Shimmies

1-2 Step forward left, pivot 1/2 turn right,
3&4 Step left 1/4 turn right, close right beside left, step left 1/4 turn right,
5&6 Step right 1/4 turn right, close left beside right, step right 1/4 turn right,
7-8 Step forward left, step forward right.

ALT: Counts 3-6 can be replaced with a left & right shuffle.

NOTE: Counts 7-8 shake what ya mama gave ya... aka SHIMMY!

Dance written for & released at Step-In-Line Charity Workshop (28/06/09, Peterborough) in aid of CANCER RESEARCH UK

