

# Get Ready For This

拍數: 32                      牆數: 4                      級數: Intermediate  
編舞者: William Sevone (UK) - October 2012  
音樂: Get Ready for This - 2 Unlimited



Choreographers note:- Only 125 bpm - but the dance will feel and appear a lot faster.  
The 'Soft Shoe Shuffles' in section 3 are certainly not new within line dancing – but may need a little practice.  
Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.  
Dance start's on the heavy beat after the call 'Y'all Ready For This....' (approx 17seconds from start of music)

## 2x Lunge/Press-Recover-Together-Hold (12:00).

- 1 – 2                      Lunge/press right to right side. Recover on left.
- 3 – 4                      Step right next to left. Hold.
- 5 – 6                      Lunge/press left to left side. Recover on right.
- 7 – 8                      Step left next to right. Hold.

## 2x Diagonal Back-Together with Arm Press. 2x Side-Together with Arm Press (12:00)

- 9 – 10                      turning upper body right - (9) step right diagonally back right - pushing forearms forward. (10)  
Touching left next to right - pull forearms back (1.30).
- 11 – 12                      turning upper body left - (11) step left diagonally back left - pushing forearms forward. (12)  
Touching right next to left - pull forearms back (10.30).
- 13 – 14                      straighten to face Home wall - (13) Step right to right side - pushing forearms forward. (14)  
Touch left next to right - pull forearms back.
- 15 – 16                      Step left to left side - pushing forearms forward. Touch right next to left - pull forearms back

**Dance Note: Counts 9-16: Knees slightly bent forward with Elbows out at chest height & clenched fists together**

**RESTART Walls 4 and 10: Restart dance (same wall) from count 1**

## 2x Soft Shoe Shuffle. Press. Recover. 1/2 Right Fwd-Side Press-Recover (6:00).

- 17& 18                      (On the spot) Step right slightly in front of left, slide left back slightly, step right to left toe.
- 19& 20                      (On the spot) Step left slightly in front of right, slide right back slightly, step left to right toe.

**Dance Note: Counts 17&18 and 19&20 are performed with weight on the ball of the foot.**

- 21 – 22                      Press forward onto right. Recover on left.
- 23& 24                      Turn 1/2 right & step forward onto right, press left to left side, recover on right (6).

## Fwd. 1/2 Sweep. 2x Backward Sailor. Cross. 3/4 Unwind (3:00)

- 25 – 26                      Step forward onto left. Turning ½ right – sweep right foot from front to back (12).
- 27& 28                      Cross right behind left, step left next to right, step right – slightly backward - to right side.
- 29& 30                      Cross left behind right, step right next to left, step left – slightly backward – to left side.
- 31 – 32                      Step backward onto right toe (no weight). Pivot ¼ right - keeping weight on left (3).

## TAG Extra Counts: End of Wall 7 there is a 4 count break

- 1 – 2                      Rock back on right. Recover on left
- 3 – 4                      stepping right next to left - Raise left arm in the air. Lowering left – raise right arm in the air.

**Dance Note: when raising hands: Count 3.. lean to right. Count 4.. lean to left.**

**DANCE FINISH: End of the 12th wall – facing home. Placing weight onto both feet after count 32:**

**Raise left arm in the air. Lowering left – Raise right arm in the air.**

**(Dance Note: Left raise – lean to right. Right raise – lean to left)**

Last Revision - 12th October 2012