

Get Ready

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Julia Wetzel (USA) - August 2014
音樂: Get Ready (T&S 45 Edit) by Lady The Band (length: 3:50, fade out by 3:00)



Download music at: <https://truthandsoulrecords.com/shop/store-albums/get-ready-45-edit-mp3/>
The version I use is the Short Radio Edit (length: 2:52) used in the official YouTube music video

[1 – 8] □ Step, Step, Tap, Back, Full Turn, Coaster

1-4 Step R fw (1), Step L fw (2), Tap ball of R behind L (3), Step R back (4) □ 12:00
5-6 ½ Turn left step L fw (5), ½ Turn left step R back (6) □ 12:00
7&8 Step L back (7), Step R next L (&), Step L fw (8) □ 12:00

[9 – 17] □ Step, Step, ¼ Scissor, Rev. Rolling Turn, Drag, Together, Cross □

1-2 Step R fw (1), Step L fw (2) □ 12:00
3&4 ¼ Turn left step R to right side (3), Step L next to R (&), Cross R over L (4) □ 9:00
5-7 ¼ Turn right step L back (5), ½ Turn right step R fw (6), ¼ Turn right step L to left side (7)
 □ 9:00
8&1 Drag R to L (8), Step R next to L (&), Cross L over R (1) □ 9:00

[18 – 24] □ ¼, ¼ Shuffle, Step, Sweep, Step, Sweep □

2 ¼ Turn left step R back (2) □ 6:00
3&4 ¼ Turn left step L to left side (3), Step R next to L (&), Step L to L side (4) □ 3:00
5-8 Step R fw (5), Sweep L from back to front (6), Step L fw (7), Sweep R from back to front
(8) 3:00

[25 – 32] □ ¼ Jazz Box, Twist/Swivel Out-In-Out, ¼ Sailor □

1-4 Cross R over L (1), ⅛ Turn right step L back (2), ⅛ Turn step R to right side (3), Cross L over
R (4) □ 6:00
5& Place ball of R to right side and twist hip CCW by swiveling both heels out to right side (5),
Hold (&) □ 6:00
6& Twist hip CW swinging ball of R behind L and swivel right heel in to left side and left heel to
center (6), Hold (&) □ 6:00
7 Twist hip CCW swinging ball of R to right side and swivel both heels out to right side (7) 6:00
8&1 1/4 Turn right sweeping R behind L (8), Small step L to left side (&), Step R fw (Count 1 of
next wall) □ 9:00

Tag: After Wall 3 & 6 (3:00), do the following 32 counts (basically doing a 16-count pattern 2x) □

[1 – 8] □ Toe Strut, Toe Strut, Boogie Walk □

1-4 Step R toe fw (1), Step R heel down (2), Step L toe fw (3), Step L heel down (4)

Optional styling: Shimmy shoulders or wiggle knee as you step toe fw □ 3:00

5-8 Bend both knees and Boogie Walk fw R (5), L (6), R (7), L (8) □ 3:00

[9 – 16] ¼ Hip Bump R, Hip Bump L, Behind, ¼, Step, Step □

1&2 ¼ Turn left step R to right side and bump hip right (1), Bump hip left (&), Bump hip right
(2) □ 12:00
3&4 Step L to left side and bump hip left (3), Bump hip right (&), Bump hip left (4) 12:00
5 Step R behind L (5) □ 12:00
6-8 ¼ Turn left step L fw (6), Step R fw (7), Step L fw (8) □ 9:00

[17 – 24] □ Toe Strut, Toe Strut, Boogie Walk (see Counts 1- 8 above) □ 9:00

[25 – 29] □ ¼ Hip Bump R, Hip Bump L, Behind (see Counts 9 - 13 above) □ 6:00

[30 – 32] □ Side, Cross, ¼ □

6-8 Step L to left side (6), Cross R over L (7), ¼ Turn right step L back (8) □ 9:00

1 ¼ Turn right step fw on R (Count 1 of Wall 4 & 7) facing 12:00 □ 12:00

Ending: □ On Wall 8, dance up to Count 14 (¼ Turn right step L to left side (7) facing 6:00), then Recover weight on R (8), Cross L over R (&), Unwind ½ turn right to face 12:00 (1) □

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