# Are You Ready



Count: 32 Wand: 4 Ebene: Improver

Choreograf/in: Des Ho (SG) - August 2016

Musik: Buckle Up 'n' Chuggleluck - Cecil Jonni Lauro



Intro: 20-count Intro [0:09]

Sequence: Start with a 16-count opening before commencement of main dance. □

#### Opening: 16-Count

### [S1–S8]□Knee Pop Side Step R, Knee Pop Side Step L [12:00]

1 Angle body diagonal R, step R to R and pop R knee out (R a	R arm to R free style)	ut (R arm to R free style)
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- 2 Step L next to R & lower R arm
- 3 Angle body diagonal R, step R to R and pop R knee out (R arm to R free style)
- 4 Touch L toes next to R & lower R arm
- 5 Angle body diagonal L, step L to L and pop L knee out (L arm to L free style)
- 6 Step R next to L & lower L arm
- 7 Angle body diagonal L, step L to L and pop L knee out (L arm to L free style)
- 8 Touch R toes next to L & lower arm

# [S9-S16]□Out, Out In In, Rocking Chair

- 1 2 Stomp R forward out to R, Stomp L out to L
- 3 4 Step back in on R, Step L next to R
- 5 6 Rock R forward, Recover on L
- 7 8 Rock back on R, Recover on L

#### Main Dance: 32-Count

#### [1 – 8] □ Walk, Walk, Anchor Step, Back, Back, Coaster Step [12:00]

- 1 2 Walk forward on R, Walk forward on L
- 3& 4 Lock R behind L, Rock L forward, Recover on R
- 5 6 Skate back on L, Skate back on R
- 7& 8 Step back on L, Step R next to L, Step L forward

# [9 –16] ☐ Hip Roll 1/4 Turn, Hip Roll 1/4 Turn, Cross Shuffle, ¼ Turn Forward Shuffle [3:00]

1 - 2	Step R forward, hip roll CCW & make 1/4 L weigh on R, Step L in place [9:00]
3 - 4	Step R forward, hip roll CCW & make 1/4 L weigh on R, Step L in place [6:00]

- 5& 6 Cross R over L, Step L next to R, Cross R over L
- 7& 8 Make 1/4 L stepping L forward, Step R next to L, Step L forward [3:00]

#### [17-24] □ Point Cross, Side Rock Cross, Side Back Rock, Side Back Rock [3:00]

1 - 2	Point R toes to R side,	Cross R over L

- 3& 4 Rock L to L side, Recover on R, Cross L over R
- 5& 6 Step R to R, Rock L behind R, Recover on R (with attitude)
- 7& 8 Step L to L side, Rock R behind L, Recover on L (with attitude)

# [25-32] Forward Rock, ½ Turn Forward Shuffle, Pivot ½ Turn, Forward Shuffle [3:00]

- 1 2 Rock R forward, Recover on L
- 3& 4 Make ¼ R stepping R to R, Step L next to R, Make ¼ R stepping R forward [9:00]
- 5 6 Step L forward, Pivot ½ R weigh on R [9:00]
- 7& 8 Step L forward, Step R next to L, Step L forward [3:00]

#### Repeat & Have Fun!

# [T1-T8]□Jump to R, Jump to L, Out, Out, In In

&1-2 Jump R forward to diagonal R, Tap L toes next to R, Hold

&3-45 - 6Jump L to L side, Tap R toes next to L, HoldStomp R forward out to R, Stomp L out to L

7 - 8 Step back in on R, Step L next to R

Tag 2 happens at end of Wall 5 (facing 3:00) & Wall 8 (facing 12:00)

# [T1-T4]□Rocking Chair

1- 2 Rock R forward, Recover on L3- 4 Rock back on R, Recover on L

## **Ending Option**

During Wall 9, dance up to 28 counts and change 29th to 31th counts as follow: [25-31] Forward Rock, 1/2 R Forward Shuffle, 1/4 R Side Rock Cross [12:00]

1-2 Rock R forward, Recover on L

3&4 Make 1/4 R stepping R to R side, Step L next to R, Make 1/4 R stepping R forward [9:00]

Make 1/4 R & rock L to L side [12:00], Recover on R, Cross L over R & Pose!

Contact choreographer for music & query at beaverct@gmail.com

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