

Ready-Steady

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Chris Hodgson (UK)

Musik: I Get So Rattled - Jill Morris



HEEL-BALL-CHANGE (TWICE), ROCK STEP/COASTER STEP (RIGHT AND LEFT)

- 1&2 Touch right heel forward, step right together, step left in place
- 3&4 Repeat counts 1&2
- 5-6 Rock right forward, recover onto left
- 7&8 Step right back, step left together, step right forward
- 9-16 Repeat counts 1-8 starting with left foot

SHUFFLE FORWARD, ½ TURN RIGHT, SHUFFLE FORWARD, ½ TURN LEFT

- 17&18 Shuffle forward right, left, right
- 19-20 Step left forward, turn ½ right (weight to right)
- 21&22 Shuffle forward left, right, left
- 23-24 Step right forward, turn ½ left (weight to left)

SIDE TOUCHES AND CROSS STEPS (FORWARD AND BACK)

- 25-26 Touch right to side, cross right over left
- 27-28 Touch left to side, cross/touch left over right
- 29-30 Touch left to side, cross left behind right
- 31-32 Touch right to side, cross/touch right behind left

Finger snaps can be added on counts 25-32

SIDE ROCK, SYNCOPATED ROCK STEP, SYNCOPATED ½ TURN LEFT, STEP-STEP

- 33-34 Rock right to side, recover onto left
- &35-36 Step right in place, rock left to side, recover onto right
- &37-38 Step left together, step right forward, turn ½ left (weight to left)
- 39-40 Step right forward, step left forward

SYNCOPATED STEPS (FORWARD-BACK) AND CLAPS, STEP ½ TURN, STEP ¼ TURN

- &41 Small step right forward, small step left forward
- 42 Clap
- &43 Small step right back, small step left back
- 44 Clap
- 45-46 Step right forward, turn ½ left (weight to left)
- 47-48 Step right forward, turn ¼ left (weight to left)

REPEAT