I'm Not Ready



Count: 72 Wand: 4 Ebene:

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Musik: Rescue Me - Rick Tippe



1-2	Step forward on right foot, slide left foot behind
3-4	Step forward on right foot, touch left foot beside
5-6	Step forward on left foot, slide right foot behind
7-8	Step forward on left foot, touch right foot beside
9-12	Touch right toe to the side, hold, touch right toe back, hold
13-14	Touch right toe to the side, touch right toe back
15-16	Touch right toe to the side, cross right foot in front of left
17-18	Unwind ½ turn to the left, clap
19-20	Touch left toe forward, as you change weight to left foot drop left heel down
21-22	Touch right toe forward, as you change weight to right foot drop right heel down
23-26	Repeat 19-22
27-30	Touch left toe to the side, hold, touch left toe back, hold
31-32	Touch left toe to the side, touch left toe back
33-34	Touch left toe to the side, cross left foot in front of right
35-36	Unwind ½ turn to the right, clap
37-38	Touch right toe forward, as you change weight to right foot drop right heel down
39-40	Touch left toe forward, as you change weight to left foot drop left heel down
41-44	Repeat 37-40
45&46	Side shuffle to the right (right, left, right)
47-48	Rock back onto left foot, step in place on right foot
49&50	Side shuffle to the left (left, right, left)
51-52	Rock back onto right foot, step in place on left foot
53-54	Touch right toe to the side, hold
55-56	Quickly step right foot home & touch left toe to the side, hold

PENDULUM SWINGS

69&70

57	Quickly step left foot home & touch right toe to the side
58	Quickly step right foot home & touch left toe to the side
59	Quickly step left foot home & touch right toe to the side
60	Touch right toe beside left (home)
61&62	Shuffle forward, (right, left, right)
63&64	Shuffle forward (left, right, left)
65-66	Step forward on right foot, pivot ½ turn to the left
67&68	Shuffle forward (right, left, right)

Shuffle forward (left, right, left)

REPEAT

If you dance to "Rescue Me":

After you have done the sequence 5 times, the music start to gradually fade out, do step 1-36 then keep doing 37-40 (toe, heel) as you head to your seat (or maybe, if you could just work up the nerve, toe heel on over and talk to her!).