# **Ready For Action**

**Count: 32** 

Level: Intermediate

Choreographer: Guyton Mundy (USA)

Music: The Way You Move - Outkast

## MAMBO, ¼ TURN, WEAVE, ROCK/RECOVER, ¾ TURN

- Rock forward on right foot, recover back on left foot, step together with right 1&2
- 3&4 Rock back on left foot, recover forward on right foot, while making a ¼ turn to the left step left foot across in front of right foot
- 5&6 Step right foot to right side, step left foot behind right, rock right to right side
- 7-8 Recover back on left foot, sweep right foot around making a 3/4 turn to the left bringing feet together with weight ending on right foot

### STEP BACK (TWICE), HITCH, STEP, TOE SWIVEL, ROCK/RECOVER, COASTER

- 1&2 Step back on left foot, step back on right foot, hitch left knee up
- 3&4 Step forward on left heel, swivel left toe to right, bring toe back to center
- 5-6 Rock forward on to left toe, recover back on right foot
- 7&8 Step left foot back, step together with right foot, step forward on left foot

### DIAGONAL SHUFFLES (TWICE), KNEE SWING WITH 1/2 TURN

- 1&2 Shuffle diagonally forward to the right (right, left, right)
- 3&4 Shuffle diagonally forward to the left (left, right, left)
- 5 Step forward on right
- 6-7-8 While circling left knee around in a to the left motion make a <sup>1</sup>/<sub>2</sub> turn to the left ending with weight on the left foot

### SYNCOPATED WEAVE WITH ½ TURN, ¼ COASTER, SWEEP ½ TURN, BODY ROLL

- 1&2& Step right to right side, step left behind right, make a ¼ turn to the right stepping right foot forward, step left foot to left side while making a 1/4 turn to the right
- 3&4 While making a ¼ turn to the right, step back with right, step together with the left, step forward right
- 5-6 Make a <sup>1</sup>/<sub>2</sub> turn on right foot to the right bringing left to right
- 7-8 Body roll, with weight ending on left foot

REPEAT





Wall: 4