Ready To Run

KICK BALL TOUCH AND HEEL AND STEP, RIGHT SAILOR, LEFT SAILOR

1&2	Kick right foot forward, step right foot home, touch left toe next to right foot
&3&4	Step back slightly on left foot and place right heel out to front, step right foot home, step forward on left foot
5&6	Cross right foot behind left, step left foot to left side, step right foot in place
7&8	Cross left foot behind right, step right foot to right side, step left foot in place

CROSS HOLD, SYNCOPATED WEAVE, RIGHT ROCK RECOVER, 2 ½ TURNS

&1-2	Placing weight on right foot, cross left foot in front of right and hold for one count
&3&4	Step right foot to right, cross left foot behind right, step right foot to right, cross left foot in front of right
5-6	Rock to right side with right foot, rock weight back onto left foot,
7-8	Step with right foot pivoting ½ turn to left on ball of left foot, step with left foot pivoting ½ turn to left on ball of right foot

RIGHT SHUFFLE, SKIPS BACK, COASTER STEP, HEEL TOUCHES

1&2	Shuffle right, left, right turning ½ turn to the left
&3&4	Scoot back on right foot, step back with left foot, scoot back on left foot, step back with right foot
5&6	Step back with left foot, step right foot next to left, step left foot forward
&7&8	Bring left foot home and touch right heel forward, bring right foot home and touch left heel forward

STEP FORWARD, HOLD, SHUFFLE (2)

&1-2	Step left foot home, hitch right knee up raising left heel slightly off floor, stomp right foot forward crossing it over left foot, hold for one count
&3&4	Step ball of left foot behind right heel, step right foot forward, step ball of left foot behind right heel, step right foot forward
&5-6	Hitch left knee up raising right heel slightly off floor, stomp left foot forward crossing it over right foot, hold for one count
&7&8	Step ball of right foot behind left heel, step left foot forward, step ball of right foot behind left heel, step left foot forward

REPEAT