I'm Ready for This

Niveau: High Beginner

Chorégraphe: Hege Langhelle (NOR) - May 2020 Musique: Hold My Hand - Jess Glynne

NO TAGS, NO RESTARTS

Compte: 32

(1-8)Diagonal step, touch R and L, fwd and back with claps

- Rf step fwd to R diagonal, Lf touch beside Rf and clap, Lf step fwd to L diagonal, Rf touch 1-4 beside Lf and clap.
- 5-8 Rf step back to R diagonal, Lf touch beside Rf and clap, Lf step back to L diagonal, Rf touch beside Lf and clap.

(9-16)4x sway RLRL ,ball, 4x sway LRLR, ball.

- Rf sway R, Lf sway L, Rf sway R, Lf sway L, ball of Rf beside Lf. 1-4&
- 5-8& Lf sway L, Rf sway R, Lf sway L, Rf sway R, ball of Lf beside Rf.

Hands: in front of chest, palms fwd.

(17-24)1/2pivot,2x 1/2shuffle,step,kick.

- Rf step fwd, 1/2 L weight on Lf(6.00) 1-2
- 3&4 1/4 L Rf step R, Lf beside Rf, 1/4 L Rf step back(12.00)
- 5&6 1/4 L Lf step L, Rf beside Lf, 1/4 L Lf step fwd(6.00)
- 7-8 Rf step fwd, Lf kick fwd.

(25-32)cross,back,back,cross,back,1/4,fwd,touch.

- 1-4 Lf cross Rf, Rf step back, Lf step back to L diagonal, Rf cross Lf.
- 5-8 Lf step back, ¼ R Rf step fwd, Lf step fwd, Rf touch beside Lf(9.00)

START AGAIN......)





Mur: 4