

I'm Ready For This

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Mark Smith (UK) - March 2015
音乐: Hold My Hand - Jess Glynne



Start on vocals, 8 counts in.

Written specifically for Nikky Napier & Ian Walton (aka Calico) to perform live at my charity Line Dance in aid of The Stroke Association in November 2015. Thank you Nikky & Ian, I really appreciate it x

*** Any donations to The Stroke Association would be gratefully received on my JustGiving page ***
www.justgiving.com/charitylinedance

[1-8] – Step hitch coaster step, step pivot half turn shuffle forward

1 2 Step R foot forward, hitch L knee up
3&4 5 6 L coaster step, Step forward on R foot, pivot half turn L (6 o'clock)
7&8 Shuffle forward RLR.

[9-16] – Quarter turn, sway recover, behind side cross, sway recover behind side quarter step

1 2 Make a quarter turn to R as you sway L foot to L side. Recover on R (9 o'clock)
3&4 Step L behind R, R to R side, cross L over R
5 6 7&8 Sway R to R side, recover on L. Step R behind L, step L quarter turn to the L (6 o'clock) Step R forward.

[17-24] – Step pivot turn, full turn, step pivot quart, cross shuffle

1 2 Step forward on L foot, pivot half turn R (12 o'clock)
3 4 Full turn over R shoulder stepping LR (or walk forward LR)
5 6 7&8 Step forward on L, pivot quarter turn R (3 o'clock) cross shuffle L over R foot.

[25-32] – Side rock recover, side rock recover, jump forward clap, jump back clap

1 2&3 4 Syncopation side rock R to R side, recover. Syncopation side rock L to L side recover (weight ends on R foot)
&5 6 Jump forward L R, hold whilst clapping
&7 8 Jump back R L, hold whilst clapping (weight on L foot)

[33-40] – Shuffle quarter, shuffle half, shuffle half, step pivot turn

1&2 Shuffle quarter turn to the R on the R foot stepping RLR (6 o'clock)
3&4 Shuffle half turn over R shoulder stepping LRL (12 o'clock)
5&6 Shuffle half turn over L shoulder stepping RLR (6 o'clock)
7 8 Step pivot half turn over R shoulder on L foot (12 o'clock) (weight ends on R foot)

[41-48] – Walk forward, kick ball change, walk forward kick out, out

1 2 3&4 Walk forward L,R, L kick ball change
5 6 Walk L,R,
7&8 Kick L foot forward, step L out to L side, step R out to R side (weight on R foot)

[49-56] – Behind side cross, swivel bounce unwind $\frac{3}{4}$, sweep, behind side cross

1&2 L behind R, R to R side, cross L over R
3&4 Swivel both feet over three beats (LRL) as you unwind $\frac{3}{4}$ over R shoulder (9 o'clock)
5 6 R foot slow sweep from front to back (note: this feels very slow)
7&8 R behind L, L to L side, cross R over L

[57-64] – Sway recover, step back L step forward R, swivel, shuffle quarter, cross $\frac{3}{4}$ unwind

1 2&3	Sway L to L side recover on R. Step slightly back on L, step R forward
&4	Swivel both heels out, in.
5&6 7 8	R foot shuffle quarter to R stepping RLR (12 o'clock), cross L over R unwind $\frac{3}{4}$ over R shoulder.

Weight ends on L foot, facing 9 o'clock, ready to start the dance again on R foot.
No Tags Or Restarts.

Enjoy, smile and have fun! :)

*** To finish the dance, instead of the $\frac{3}{4}$ turn unwind, make a $\frac{1}{2}$ turn so you'll unwind to finish facing the home wall (12 o'clock) and if you feel comfortable enough to do so, as she sings "won't you hold my hand" bring your arms out and hold the persons hand to the side of you. ***

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