

Get Ready

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Absolute Beginner
编舞者: Helaine Norman (USA) - December 2024
音乐: Get Ready - The Temptations



Intro: 24 - No tags or restarts

I. V-STEP; TEMPTATION TO RIGHT, HOLD

1-2 Step R forward diagonally, step L forward diagonally
3-4 Step R home, step L together
5-8 Rock R forward diagonally, recover to L, rock R forward diagonally, hold

Styling for 5-8: Elbows at waist pushing arms forward and back

II. V-STEP; TEMPTATION TO LEFT, HOLD

1-2 Step L forward diagonally, step R forward diagonally
3-4 Step L home, step R together
5-8 Rock L forward diagonally, recover to R, rock L forward diagonally, hold

Styling for 5-8: Elbows at waist pushing arms forward and back

III. GRAPEVINE; GRAPEVINE ¼ R-TURN

1-4 Step R side, step L behind, step R side, touch L together
5-8 Step L side, step R behind, step L forward making ¼ turn left (9:00), touch R together

Optional for count 8: Brush R forward instead of touch R together

IV. 1/8 L-TURN PADDLE X 2; STEP TOUCH X2

1-2 Step R forward, making 1/8 turn left, weight to L (7:30)
3-4 Step R forward, making 1/8 turn left, weight to L (6:00)
5-6 Step R side, touch L together
7-8 Step L side, touch R together

REPEAT

Helaine43@gmail.com