

# Ready To Run

**COPPER** KNOB  
STEPSHEETS

拍数: 40      墙数: 4      级数: Intermediate  
编舞者: Charlotte Williams (USA)  
音乐: Ready to Run - The Chicks



## WALK, WALK, MAMBO STEP; WALK, WALK, MAMBO STEP

1-2      Walk forward: right, left  
3&4      Rock forward on right, step left in place, step right next to left  
5-8      Walk forward: left, right  
7&8      Rock forward on left, step right in place, step left next to right

## STEP TURN ¼ LEFT; RUN (SYNCOATED GRAPEVINE), TOE TOUCHES

1-2      Step right forward, turn left ¼, shifting weight to left  
3&4&      Cross right over left, step left to left, cross right behind left, step left to left  
5&6&      Cross right over left, step left to left, cross right behind left, step left to left  
7&8      Touch right toe to right, step right next to left, touch left toe to left

## STEP TURN ½ LEFT, SCUFF HITCH STEP, LEFT FORWARD MAMBO, STEP TURN ½ LEFT

&1-2      Step left next to right, step right forward, turn ½ left shifting weight to left  
3&4      Scuff right, hitch right, step right next to left  
5&6      Rock forward on left, step right in place, step left next to right  
7-8      Step right forward, turn ½ left shifting weight to left

## MAMBO LUNGE RIGHT, MAMBO LUNGE LEFT, THREE PADDLE TURN ½ LEFT

1&2      Lunge forward diagonally right on right, step left in place, step right next to left  
3&4      Lunge forward diagonally left on left, step right in place, step left next to right  
5&      Touch right toe slightly forward, hitch right pivoting left on left  
6&7&      Repeat twice, completing a ½ turn  
8      Touch right next to left

## RIGHT BRUSH, HITCH, CROSS AND STEP LOCK STEP; LEFT BRUSH, HITCH, CROSS AND STEP LOCK STEP

1&2      Brush right, hitch right, cross over left and touch right toe to outside of left instep  
3&4      Step forward on right, step forward on left locking behind right, step forward on right  
5&6      Brush left, hitch left, cross over right and touch left toe to outside of right instep  
7&8      Step forward on left, step forward on right locking behind left, step forward on left

## REPEAT