

Are You Ready?

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Pat Stott (UK)
音乐: Are You Ready To Rock - Wizzard



SIDE, STRUT, CROSS STRUT, SIDE, RECOVER, CROSS, SIDE STRUT, CROSS STRUT, SIDE, RECOVER, CROSS

1&2& Right toe to right, lower heel, cross left toe over right, lower heel
3&4 Rock right to right, recover onto left, cross right over left
5&6&7&8 Repeat steps 1-4 to left

MAMBO FORWARD, LOCK STEP BACK, MAMBO BACK, LOCK STEP FORWARD

1&2 Rock forward on right, recover on left, step back on right
3&4 Step back on left, cross right over left, step back on left
5&6 Rock back on right, recover on left, step forward on right
7&8 Step forward on left, cross right behind left, step forward on left

TOE STRUT JAZZ BOX WITH ¼ TURN RIGHT, CHARLESTON, COASTER CROSS

1&2& Cross right toe over left, lower heel. Left toe back, lower heel
3&4 Turn ¼ right taking right toe to right side, lower heel, step left forward
5-6 Touch right toe forward, step back on right
7&8 Step back on left, close right to left, step left across right

If using "Are You Ready To Rock" in order to fit with the music steps 5-8 are not danced during the first sequence

VINE RIGHT, TAP, SIDE, TAP & CLAP, SIDE, TAP & CLAP, ROLLING VINE,(OR GRAPEVINE) SIDE, TAP & CLAP, SIDE, TAP & CLAP

1&2& Step right to right, cross left behind right, step right to right, tap left next to right
3&4& Step left to left, tap right next to left & clap, step right to right, tap left next to right & clap
5& Turn ¼ to left and step forward on left, turn ¼ to left and step right to right side
6& Turn ½ to left and step left to left side, tap right next to left
7&8& Step right to right, tap left next to right & clap, step left to left, tap right next to left & clap

As this is fast you can replace rolling vine (steps 5&6&) with a normal vine to left

MODIFIED SAILOR STEP, STEP FORWARD, ¼ PIVOT, STEP FORWARD, ¼ PIVOT

1&2& Rock right to right, left foot in place, cross right behind left, rock left to left
3&4& Right foot in place, cross left behind right, rock right to right, left foot in place
5-6 Step forward on right, pivot ¼ left transferring weight to left
7-8 Step forward on right, pivot ¼ left transferring weight to left

REPEAT

ENDING:

Dance up to the end of section 3 (the Charleston and coaster step), then just step forward on right and raise both arms in the air on the last beat