Ready For Ignition



拍数: 64 增数: 2 级数: Intermediate

编舞者: Ross Brown (ENG) - January 2011

音乐: Rocket (Svenstrup & Vendelboe Remix) (Radio Edit) - Mohamed Ali: (CD:

Rocket Svenstrup & Vendelboe Remix, 3:57)



Intro: 8 Counts (Approx. 3 Secs)

STEP, TOUCH. BALL, KICK, BALL. STEP, LOCK, STEP. HOLD/TOUCH. KICK, OUT, OUT.

1 – 2	Step forward with right, touch left behind right.

& 3 & Step back with left, kick right foot forward, step right next to left.
4 & 5 Step forward with left, lock right behind left, step forward with left.

6 Hold for 1 count OR touch right next to left.

7 & 8 Kick right foot forward, step right to the right, step left to the left. (12 o'clock)

BALL, CROSS. UNWIND FULL TURN R. SYNCOPATED VINE. HOLD. CROSS, SIDE, BEHIND, SWEEP.

& 1	Step right next to lett	cross step left over right.	

2 – 3
4 & 5
Unwind a full turn right over two counts. (Optional: Bounce your heels)
Step left to the left, cross step right behind left, step left to the left.

6 Hold for 1 count.

7 & 8 Cross step right over left, step left to the left, cross step right behind left.

& Sweep left foot around from in front to behind. (12 o'clock)

BEHIND. CHASSE ¼ TURN R. SPIRAL FULL TURN R. SHUFFLE FORWARD. STEP, PIVOT ¼ TURN R, CROSS.

1	Cross s	sten left	behind	riaht

2 & 3 Step right to the right, close left up to right, make a ¼ turn right stepping forward with right.

4 Make a full turn right stepping forward with left and hooking right across left shin.

5 & 6 Step forward with right, close left up to right, step forward with right.

7 & 8 Step forward with left, pivot a ¼ turn right, cross step left over right. (6 o'clock)

SIDE. SAILOR ½ TURN L. SIDE STEP ¼ TURN L. SAILOR ¼ TURN L. HOLD, BALL, STEP.

1 Step right to the right.

2 & 3 Make a ½ turn left stepping; left behind right, right next to left, forward with left.

4 Make a ¼ turn left stepping right to the right.

5 & 6 Make a $\frac{1}{4}$ turn left stepping; left behind right, right next to left, forward with left.

7 & 8 Hold for 1 count, step right next to left, step forward with left. (6 o'clock)

Note: For the following three Sections the ROCKs should be very light footed. If you find this difficult, you could replace the ROCKs with TOUCHs.

CROSS ROCK $\frac{1}{4}$ TURN R. SIDE ROCK. CROSS ROCK, SIDE. CROSS ROCK, SIDE ROCK. CROSS ROCK, SIDE.

1 (&	Make a ¼ turn right ro	ckina riaht over left.	recover onto left.

2 & Rock right to the right, recover onto left.

3 & 4 Cross rock right over left, recover onto left, step right to the right.

5 & 6 & Cross rock left over right, recover onto right, rock left to the left, recover onto right.

7 & 8 Cross rock left over right, recover onto right, step left to the left. (9 o'clock)

CROSS ROCK, SIDE ROCK. SAILOR STEP. CROSS ROCK, SIDE ROCK. SAILOR 1/4 TURN L.

1 & 2 &	Cross rock right over left	, recover onto left, rocl	k right to the right, recover onto left

3 & 4 Cross step right behind left, step left to the left, step right to the right.

5 & 6 & Cross rock left over right, recover onto right, rock left to the left, recover onto right.

MAMBO FORWARD. MAMBO BACK with TOUCH. MAMBO BACK. MAMBO FORWARD with TOUCH.

1 & 2	Rock forward with right, recover onto left, step back with right.
3 & 4	Rock back with left, recover onto right, touch left toe forward.
5 & 6	Rock back with left, recover onto right, step forward with left.
7 & 8	Rock forward with right, recover onto left, touch right toe back. (6 o'clock)

FULL TURN R (TRAVELLING BACK). COASTER STEP. STEP, BACK STEP ½ TURN L. SHUFFLE ½ TURN

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1 – 2	Make a full turn right stepping; onto your right foot (1/2) back with left (1/2).
3 & 4	Step back with right, step left next to right, step forward with right.
5 – 6	Step forward with left, make a ½ turn left stepping back with right.
7 & 8	Shuffle a ½ turn left stepping; left, right, left. (6 o'clock)

End of Dance. Start again and Enjoy!

TAG At the end of Wall 2, add the following Tag (facing 12 o'clock)

1 – 2 Rock forward with right, recover onto le	ft.
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- 3 4Make a 1/4 turn right stepping right to the right, cross step left over right.
- 5 6 Make a ¼ turn left stepping back with right, make a ½ turn left stepping forward with left.
- 7 8Step forward with right, pivot a ½ turn left.

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