

I'm Ready To Run

拍數: 64 牆數: 2 級數: Improver
編舞者: Caroline Cooper (UK) & Ann-Kristin Sandberg (NOR) - July 2019
音樂: Ready to Run - The Luck : (iTunes)



Start on main vocals

SECTION 1: OUT, OUT, COASTER STEP, WALK X 2, SHUFFLE

1-2 Step R out to R diagonal, step L out to L diagonal
3&4 Step R foot back, step L foot back, step R foot forward
5-6 Walk forward L & R
7&8 Step forward L, step R next to L, step forward L (12)

SECTION 2: STEP 1/4, CROSS SHUFFLE, 1/4 1/4 CROSS SHUFFLE

1-2 Step forward R, 1/4 pivot turn L (weight L)
3&4 Cross R over L, step L to L side, cross R over L
5-6 1/4 turn R stepping back on L, 1/4 turn R stepping R to R side
7&8 Cross L over R, step R to R side, cross L over R (3)

SECTION 3: SIDE, TOUCH, KICK & CROSS, SIDE RECOVER, CHASSE

1-2 Step R to R side, Touch L next to R
3&4 Kick L foot forward, Step L next to R, Cross R over L
5-6 Step L to L side, Recover onto R
7&8 Step L to L side, Step R next to L, Step L to L side (3)

SECTION 4: CROSS, BACK, BACK, CROSS, BACK TOUCH, SHUFFLE

1-2 Cross R over L, Step L back
3-4 Step R back, Cross L over R
5-6 Step R back, Touch L next to R
7&8 Step L forward, Step R next to L, Step L forward (3)

SECTION 5: STOMP, HOLD, BEHIND SIDE CROSS, 1/4 MONTERAY

1-2 Stomp R to R side, hold
3&4 Cross L behind R, step R to R side, cross L over R
5-6 Point R to R side, 1/4 turn R stepping R next to L
7-8 Point L to L side, close L next to R (6)

SECTION 6: STOMP, HOLD, BEHIND SIDE CROSS, 1/2 MONTERAY

1-2 Stomp R to R side, hold
3&4 Cross L behind R, step R to R side, cross L over R
5-6 Point R to R side, 1/2 turn R stepping R next to L
7-8 Point L to L side, close L next to R (12)

SECTION 7: ROCK RECOVER, 1/2 TURN R INTO SHUFFLE, ROCK RECOVER, COASTER STEP

1-2 Step R forward, Recover onto L
3&4 1/2 turn R stepping R forward, Step L next to R, Step R forward (6)
5-6 Step L forward, Recover onto R
7&8 Step L back, Step R next to L, Step L forward (6)

SECTION 8: STEP, TOGETHER, STEP, TOUCH, STEP, TOGETHER, STEP, TOUCH

1-2 Step R diagonal forward to R, Step L next to R
3-4 Step R diagonal forward to R, Touch L next to R (clap on count 4)

5-6 Step L diagonal forward to L, Step R next to L

7-8 Step L diagonal forward to L, Touch R next to L (clap on count 8) (6)

RESTART ON WALL 6 AFTER 8 COUNTS F 06

HAPPY DANCING!

CONTACT : coolcoopers@yahoo.com anne88@online.no
