

All Set?

拍數: 64 牆數: 4 級數: Low Intermediate
編舞者: Daniel Exton (UK) - October 2023
音樂: Good to Go - LÖNIS & Daphne Willis



Intro: 32 Counts. Start at approx 20 secs.

SEC 1 STEP, TOUCH, STEP, KICK, BACK ROCK, RECOVER, TOUCH AND TOUCH

- 1-2 Step Left foot forward, Touch Right behind Left
- 3-4 Step Right foot back, Kick Left foot forward
- 5-6 Rock back on Left foot, Recover onto Right
- 7&8 Touch Left to Left side, Left next to Right, Right to Right side

SEC 2 SLOW SAILOR ¼, TOUCH, HITCH ¼, TOUCH, HITCH ¼, TOUCH

- 1-2 Right behind Left with ¼ turn Right, Left to Left side (3:00)
- 3-4 Right to Right side, Touch Left next to Right
- 5-6 Hitch Left foot up with ¼ turn Left, Touch Left next to Right (12:00))
- 7-8 Hitch Left foot up with ¼ turn Left, Touch Left next to Right (9:00)

Restart Here on Wall 6

SEC 3 KICK, SIDE KICK, SAILOR, KICK, SIDE KICK, SAILOR

- 1-2 Kick Left foot forward, Kick Left foot out to side
- 3&4 Left behind Right, Right to Right side, Left to Left side
- 5-6 Kick Right foot forward, Kick Right foot out to side
- 7&8 Right behind Left, Left to Left side, Right to Right side

SEC 4 CROSS, SIDE, ROCK, RECOVER, SIDE, ¼ TURN SIDE, ¼ TURN CROSS, HOLD

- 1-2 Cross Left over Right, Right to Right side
- 3-4 Rock Left behind Right, Recover onto Right foot
- 5-6 Left to Left side, ¼ turn Right stepping Right to Right side (12:00)
- 7-8 ¼ turn Right crossing Left over Right, Hold (Weight on L) (3:00)

SEC 5 SIDE, TOGETHER, ROCKING CHAIR, BIG STEP ¼ TURN, DRAG

- 1-2 Right to Right side, Step Left next to Right
- 3-4 Rock forward on Right foot, Recover onto Left
- 5-6 Rock back on Right foot, Recover onto Left
- 7-8 Big step to Right turning a ¼ left, Drag Left next to Right (Weight on R) (12:00)

SEC 6 SIDE, TOGETHER, ROCKING CHAIR, BIG STEP ¼ TURN, DRAG

- 1-2 Left to Left side, Right next to Left
- 3-4 Rock forward on Left foot, Recover onto Right
- 5-6 Rock Back on Left foot, Recover onto Right
- 7-8 Big step to Left turning a ¼ right, Drag Right next to Left (Weight on L) (3:00)

SEC 7 K STEP

- 1-2 Right diagonally forward, Left touch next to Right
- 3-4 Left diagonally back, Touch Right
- 5-6 Right diagonally back, Touch Left
- 7-8 Left diagonally forward, Scuff Right across Left

SEC 8 CROSS, SIDE, HEEL, STEP, CROSS, SIDE, HEEL AND STEP

- 1-2 Cross Right over Left, Left to Left side
- 3-4 Right heel forward, Step Right foot down

5-6

Cross Left over Right, Right to Right side

7&8

Touch Left heel forward, Step Left foot down, Right foot forward
