

Ready Or Not

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kim Ray (UK)
音樂: Boogie 2Nite - Tweet



SIDE SKATES, COASTER STEP TWICE

- 1-2 Skate right to right side, skate left to left side (moving slightly forward and pushing hips forward)
3&4 Step back on right, step back on left, step forward on right
5-6 Step forward on left, ½ pivot turn right
7&8 Step forward on left, step forward on right, step back on left

ROCK BACK & RECOVER, ¼ TURN LEFT & SIDE ROCK & RECOVER, ¼ LEFT STEPPING TO LEFT SIDE, HITCH LEFT KNEE

- 9&10& Rock back on right, recover on left, ¼ turn left rocking side right, recover on left
11-12 ¼ turn left stepping right to right side, hitch left knee facing left diagonal
&13-14 Step left in place, cross right over left, unwind full turn left (weight ending on left)
15&16 Rock right to right side, recover on left, touch right next to left

ROCK & CROSS, CHASSIS ¼ TURN, ½ TURN HIP CIRCLES, SAILOR STEP

- 17&18 Rock right to right side, recover on left, cross step right over left
19&20 Step left to left side, step right next to left, ¼ turn left stepping forward on left
21&22& Small step forward on right, ¼ turn left, step forward on right, ¼ turn left, sweep left out and back (while circling hips to the left)
23&24 Cross left behind right, step right in place, step left in place

MAMBO FORWARD & BACK, & STEP FORWARD, ½ TURN LEFT, FULL TURN LEFT

- 25&26 Rock forward on right, recover back on left, step back on right
27&28 Rock back on left, recover forward on right, step forward on left
& Step right next to left
29-30 Step forward on left, ½ turn left stepping back on right
31&32 Turning left, make full turn on the spot stepping left, right, left

Easier option: step back on left, step back on right, step forward on left

REPEAT

RESTART

On 4th wall only dance to count 16 then restart from beginning