

# Are You Ready?

**COPPER** KNOB  
STEPSHEETS

拍數: 40      牆數: 4      級數: Intermediate  
編舞者: Pat Stott (UK)  
音樂: 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