

Are You Ready?

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Ann-Kristin Sandberg (Norway) Aug-2015

Music: "Are You Ready" by Dr Victor & The Rasta Rebels (4,27) iTunes

INTRO : 64 Counts (29 sec)

KICK-POINT-KICK BALL STEP-DIAGONAL R-TOUCH-DIAGONAL L-TOUCH

1-2 Kick R forw, Point R back (bend both knees on count 2)

3&4 Kick R forw, Step R next to L, Step L forw

5-6 Step R diagonal forw to R, Touch L next to R

7-8 Step L diagonal forw to L, Touch R next to L

FORW RECOVER-SHUFFLE BACK-1/2 TURN L SHUFFLE FORW-STEP-PIVOT 1/2 TURN L

1-2 Step R forw, Recover onto L

3&4 Step R backw, Step L next to R, Step R backw

5&6 1/2 turn L stepping L forw, Step R next to L, Step L forw (06)

7-8 Step R forw, Pivot 1/2 turn L (weight on L) (12)

OUT-OUT-HEEL BUMPS-CROSS-BACK-1/4 TURN R CHASSE-TOGETHER

1-2& Step R to R side, Step L to L side, Both heels up

3&4 Both heels down, Both heels up, Both heels down

5-6 Cross R over L, Step L backw

7&8&1/4 turn R stepping R to R side, Step L next to R, Step R to R side, Step L next to R

SIDE & SWAY BODY-SIDE-TOGETHER-SIDE-TOUCH-WALK x 2

1-2 Step R to R side(bend both knees), Sway body to R (& straighten knees on count 2)

3-4 Step L to L side, Step R next to L

5-6 Step L to L side, Touch R next to L

7-8 Step R forw, Step L forw (turn shoulders to R on count 7 & to L on count 8 with bend knees)

ENJOY!!