

READY TO RUN

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Count: 32

Wall: 2

Level: intermediate

Choreographer: Angela Bacon

Music: Swept Away by The Lace

KICK BALL TOUCH AND HEEL AND STEP, RIGHT SAILOR, LEFT SAILOR

- 1&2** Kick right foot forward, step right foot home, touch left toe next to right foot
- &3&4** Step back slightly on left foot and place right heel out to front, step right foot home, step forward on left foot
- 5&6** Cross right foot behind left, step left foot to left side, step right foot in place
- 7&8** Cross left foot behind right, step right foot to right side, step left foot in place

CROSS HOLD, SYNCOPATED WEAVE, RIGHT ROCK RECOVER, 2 ½ TURNS

- &1-2** Placing weight on right foot, cross left foot in front of right and hold for one count
- &3&4** Step right foot to right, cross left foot behind right, step right foot to right, cross left foot in front of right
- 5-6** Rock to right side with right foot, rock weight back onto left foot,
- 7-8** Step with right foot pivoting ½ turn to left on ball of left foot, step with left foot pivoting ½ turn to left on ball of right foot

RIGHT SHUFFLE, SKIPS BACK, COASTER STEP, HEEL TOUCHES

- 1&2** Shuffle right, left, right turning ½ turn to the left
- &3&4** Scoot back on right foot, step back with left foot, scoot back on left foot, step back with right foot
- 5&6** Step back with left foot, step right foot next to left, step left foot forward
- &7&8** Bring left foot home and touch right heel forward, bring right foot home and touch left heel forward

STEP FORWARD, HOLD, SHUFFLE (2)

- &1-2** Step left foot home, hitch right knee up raising left heel slightly off floor, stomp right foot forward crossing it over left foot, hold for one count
- &3&4** Step ball of left foot behind right heel, step right foot forward, step ball of left foot behind right heel, step right foot forward

- &5-6** Hitch left knee up raising right heel slightly off floor, stomp left foot forward crossing it over right foot, hold for one count
- &7&8** Step ball of right foot behind left heel, step left foot forward, step ball of right foot behind left heel, step left foot forward

REPEAT