

# Are You Ready?

**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 ½ 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                     ½ turn L stepping L forw, Step R next to L, Step L forw (06)  
7-8                     Step R forw, Pivot ½ 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&                    ¼ 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!!**