

Rick is Ready

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Count: 64

Wall: 4

Level: Beginner / Intermediate

Choreographer: Michele Perron , DANCE Expressions (Oct 07)

Music: Comin' If You're Ready or Not by Rick Guard (174 bpm) CD: Stop It and Dance! (Volume 1)

Introduction: 48 Counts, begin on vocals

SEC.I (1-8) TOE-HEEL, TOE-HEEL, TOUCH, TOUCH, TOUCH, HOLD

1,2 LEFT Toe Touch across front of R; LEFT Heel Down (Toe-Heel Strut)

3,4 RIGHT Toe Touch side R; RIGHT Heel Down (Toe-Heel Strut)

5,6 LEFT Toe Touch across front of R; LEFT Toe Touch back diagonal L

7,8 LEFT Toe/Touch across front of R; HOLD

SEC.II (9-16) ACROSS, TURN, BACK, HOLD; ACROSS, BACK, BACK, HOLD

1,2 LEFT Step across front of R; RIGHT Step back with 1/4 Turn L (9 o'clock)

3,4 LEFT Step back diagonal L; HOLD

5,6 RIGHT Step across front of L; LEFT Step back diagonal L

7,8 RIGHT Step back diagonal R; HOLD

SEC.III (17-24) STOMP, CLAP, STOMP, CLAP, ROCK-RECOVER, BACK, HOOK UP

1,2 LEFT Stomp forward; HOLD and CLAP

3,4 RIGHT Stomp forward; HOLD and CLAP

5,6 LEFT Rock/Step forward; RIGHT Recover/Step back

7,8 LEFT Step back; RIGHT Heel Hook Up *

***(bend knee and lift foot across front of shin)**

SEC.IV (25-32) STOMP, CLAP, STOMP, CLAP, ROCK-RECOVER, BACK, HOOK UP

1,2 RIGHT Stomp forward; HOLD and CLAP

3,4 LEFT Stomp forward; HOLD and CLAP

5,6 RIGHT Rock/Step forward; LEFT Recover/Step back

7,8 RIGHT Step back; LEFT Heel Hook Up *

***(bend knee and lift foot across front of shin)**

***Restart**

SEC.V (33-40) FORWARD, TURN, TURN, HOLD; TOGETHER, SIDE, TOGETHER, HOLD

1,2 LEFT Step forward; 1/2 Turn R with RIGHT Step forward (3 o'clock)

3,4 LEFT Step side L with 1/4 Turn R; HOLD (6 o'clock)

5,6 RIGHT Step beside L; LEFT Step side L

7,8 RIGHT Step beside L; HOLD

SEC.VI (41-48) SIDE, TOUCH, FORWARD, HOLD: REPEAT

1,2 LEFT Step side L; RIGHT Toe Touch beside L

3,4 RIGHT Step forward; HOLD

5,6 LEFT Step side L; RIGHT Toe Touch beside L

7,8 RIGHT Step forward; HOLD

SEC.VII (49-56) FORWARD, RECOVER, TURN, HOLD,ACROSS, SIDE, ACROSS, HOLD

1,2 LEFT Step forward; RIGHT Recover/Step back

3,4 LEFT Step side L with 1/4 Turn L; HOLD (3 o'clock)

5,6 RIGHT Step across front of L; LEFT Step side L

7,8 RIGHT Step across front of L; HOLD

SEC.VIII (57-64) SIDE, TOUCH, BACK, HOLD: REPEAT

1,2 LEFT Step side; RIGHT Touch beside L

3,4 RIGHT Step back; HOLD

5,6 LEFT Step side; RIGHT Touch beside L

7,8 RIGHT Step back; HOLD

Begin Again

***ONE Restart: After first rotation, dance 32 Counts only. You will be facing 12 o'clock wall on restart.**

Ending: facing 3 o'clock on Count 24: look left and smile.