

ARE YOU READY

DANCE BY NANCY & DEWAYNE BALDWIN

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AVAILABLE THRU PALOMINO RECORDS

RECORD STAR 244 CD DB # 8 TRACK 5 ARTIST TONY EVANS

FOOT WORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED SPEED: 45

RHYTHM RUMBA PH IV + 1 [DBLE PEEK-A-BOO CHASE]

DATE 9-07

SEQUENCE A B C A [1-8] B C D D [1-10] END

INTRO

1-4 :: BASIC::

BFLY Wait;; Fwd L, rec R, sd L,-; Bk R, rec L, sd R,-

PART A

1-4 CHS PEEK-A-BOO DBL:::;

Fwd L trn, rec R, cl L,-; Sd R, rec L, cl R,-; Sd L, rec R, cl L,-;

Fwd R trn, rec L, cl R BOTH FC/WL,-;

5-8 FIN CHS PEEK-A-BOO:::;

Sd L, rec R, cl L,-; Sd R, rec L, cl R,-; Fwd L, rec R, sd L,-;

Bk R, rec L, sd R,-;

9-12 NYR; CRABWALKS;; NYR;

Thru L, rec R [FC], sd L,-; XRIF, sd L, XRIF,-; Sd L, XRIF, sd L,-;

Thru R, rec L [FC], sd R,-;

13 NYR 4;

Thru L, rec R [FC], sd L, cl R;

PART B

1-4 CHASE:::;

Fwd L trn, rec R, fwd L,-; Fwd R trn, rec L, fwd R,-; Fwd L, rec R, bk L,-;

Bk R, rec L, fwd R,-;

5-8 TWISTY VINE 3; SHLDR TO SHLDR; CRABWALKS;;

BFLY Sd bk L, XRIB, sd fwd L,-; Rk fwd R BJO, rec L [FC], sd R,-;

XLIF, sd R, XLIF,-; Sd R, XLIF, sd R,-;

9-12 SPT TRN; WHIP; BRK BK OPN; PROG WLK;

XLIF trn, rec R trn, sd L,-; Bk R trn, rec L, sd R,-; Bhd L, rec R, fwd L OPN,-;

Fwd R, fwd L, fwd R,-;

13-16 CIRCLE;; SPT TRN; WHIP;

Fwd L trn, fwd R, fwd L trn FC/PTR,-; Fwd R, fwd L, fwd R BFLY/WL,-;

REPEAT 9-10 PART B;;

“ Are You Ready”

PART C

- 1-4** **½ BASIC; FAN; HOCKEY STICK;;**
Fwd L, rec R, sd L,-; Bk R, rec L, sd R,-; Fwd L, rec R, cl L,-; Bk R, rec L, fwd R,-;
- 5-8** **SHLDR TO SHLDR; CRAB WLKS;; SPT TRN;**
BFLY Rk fwd L SCAR, rec R [FC], sd L,-; XRIF, sd L, XRIF,-; Sd L, XRIF, sd L,-;
XRIF trn, rec L trn, sd R,-;
- 9-12** **½ BASIC; AIDA; SWITCH CROSS; SD WLK;**
Fwd L, rec R, sd L,-; Fwd R trn, sd L trn, bk R,-; Trn sd L, rec R, XIFL,-;
Sd R, cl L, sd R,-;
- 13-16** **AIDA; SWITCH CROSS; SD WLK; NYR;**
Fwd L trn, sd R trn, bk L,-; Trn sd R, rec L, XIFR,-; Sd L, cl R, sd L,-;
REPEAT 12 PART A;

PART D

- 1-4** **BASIC;; SHLDR TO SHLDR 2X;;**
Fwd L, rec R, sd L,-; Bk R, rec L, sd R,-; BFLY Rk L SCAR, rec R [FC], sd L,-;
Rk fwd R BJO, rec L [FC], sd R,-;
- 5-8** **½ BASIC; SPT TRN L HND STAR; UMB TRNS;;**
Fwd L, rec R, sd L,-; XRIF trn, rec L, sd R,-; Fwd L, rec R, bk L,-; Bk R, rec L, fwd R
(W Bk R, rec L, fwd R trn LF,-; Bk L, rec R, fwd L trn RF),-;
- 9-12** **FIN UMB TRNS;; ½ BASIC; WHIP;**
Fwd L, rec R, bk L,-; Bk R, rec L, fwd R (W Bk R, rec L, fwd R trn LF,-; Bk L rec R,
fwd L trn RF),-; Fwd L, rec R, sd L,-; Bk R trn, rec L, sd R,-;
- 13-16** **FENCELINES 2X;; ½ BASIC; WHIP;**
BFLY XL lun, rec R, sd L,-; XR lun, rec L, sd R,-; REPEAT 11-12 PART D;;

END

- 1-4** **CHASE;;;**
REPEAT 1-4 PART B;;;
- 5-6** **2 SD CLS; SD CL, SD LUNGE;**
BFLY Sd L, cl R, sd L, cl R; Sd L, cl R, sd L tilt look R/LOD,-;