

# Ready For It (This Is It)

2024 Breitensport Fortgeschrittene Tanz B  
01.01.2024 – 31.12.2024

**Count:** 48    **Wall:** 2    **Level:** Improver

**Choreographer:** Evan VanScoyk (USA) - September 2022

**Music:** This Is It - Oh The Larceny

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**Dance begins on lyrics (after 16 counts)**

**No tags, no restarts**

## **HOP HOLD SHAKE/SWIVEL X2 (FWD-BACK)**

1 2 Hop fwd (1), Hold (2)  
3 4 Freestyle Shake or Swivel (3-4)  
5 6 Hop back (5), Hold (6)  
7 8 Freestyle Shake or Swivel (7-8)

[Styling: Add your own flair, suggest to Booty Shake or Hip Roll on odd walls and Swivel heels and toes on even walls to match the music]

## **TOE TAPS (touch)SAILOR X2 (R-L)**

1 2 Touch R toe fwd (1), Touch R toe side (2)  
3&4 Step R behind (3), Step L to left (&), Step R to right (4)  
5 6 Touch L toe fwd (5), Touch L toe to left (6)  
7&8 Step L behind (7), Step R to right (&), Step L to left (8)

## **TOE TOUCH ¼ KICK COASTER X2 (R-L)**

1 2 Touch R toe inwards fwd (1), Turn ¼ right while kick R (2)  
3&4 Step R back (3), Step L back (&), Step R fwd (4)  
5 6 Touch L toe inwards fwd (5), Turn ¼ left while kick L (6)  
7&8 Step L back (7), Step R back (&), Step L fwd (8)

## **R ROCKING CHAIR, ¼ TURN W/ HIP ROLL**

1 2 Rock R fwd (1), Recover weight onto L (2)  
3 4 Rock R back (3), Recover weight onto L (4)  
5 6 Hip roll while stepping R fwd (5), Turn ⅛ left on L (6)  
7 8 Hip roll while stepping R fwd (7), Turn ⅛ left on L (8)

## **STOMP SIDE BEHIND-SIDE-CROSS X2 (R-L)**

1 2 Stomp R to right (1), Hold and take weight onto L (2)  
3&4 Step R behind (3), Step L side (&), Step R across (4)  
5 6 Stomp L to left (5), Hold and take weight onto R (6)  
7&8 Step L behind (7), Step R side (&), Step L across (8)

## **R ROCKING CHAIR, 4 STAMP ¼ TURN LEFT**

1 2 Rock R fwd (1), Recover weight onto L (2)  
3 4 Rock R back (3), Recover weight onto L (4)  
5 6 Turn 1/16 left as you stomp R diagonally right (5), Turn 1/16 left as you stomp R diagonally right (6)  
7 8 Turn 1/16 left as you stomp R diagonally right (7), Turn 1/16 left as you stomp R diagonally right (8)