

NSCW 2023 Dance steps

“Ready Now” by Ashley Perez



Part 1

Intro:

- Sunshine arms to the right. Step with your right foot, and shrug, then back with the right foot.
- Step with the left and cross your arms.
- Twirl to the right, clap. Twirl to the left, clap.
- Snake to the right high, snake to the left low. (2)
- Punch with left, step with right. Punch with the right, step with the left. (2)
- Step out with the right foot. Cross your arms and open.
- Point up, and down to the ground.
- Jazz hands all the way up, with a few steps forward.

Pre Chorus:

- Bend your knees, swing your arms up to the right, then to the left, and then all the way around your head in slow motion.
- Low flick to the right, low flick to the left. High flick to the right, high flick to the left.
- Teeter with the right, teeter with the left. Flick, flick, step, step. (2)

Pre Chorus:

- Push down to the right, push down to the left (2) cross your arms, and nod twice.
- Hand shift to left, hand shift to the right.
- Roll with the left, roll with the right.
- Hand flick high, hand flick hip. (2)
- Right hand to the right, left hand to the left.
- Jump rope to the right, then the left. (2)
- Twirl to the right and clap.
- Snake down to the left, then back. (2)
- Jump rope to the left, then to the right. (2)
- Twirl to the left and clap.
- Right hand to the right, left hand to the left.

Part 2

Repeat all steps with minor changes in bold:

- Sunshine arms to the right. Step with your right foot, and shrug, then back with the right foot.
- Step with the left and cross your arms.
- Twirl to the right, clap. Twirl to the left, clap.
- Snake to the right high, snake to the left low. (2)
- Punch with left, step with right. Punch with the right, step with the left. (2)
- **Step out with the right foot. SAY IT LOUD!**

Pre Chorus:

- Jazz hands all the way up, with a few steps forward.
- Bend your knees, swing your arms up to the right, then to the left, and then all the way around your head in slow motion.
- Low flick to the right, low flick to the left. High flick to the right, high flick to the left.
- Teeter with the right, teeter with the left. Flick, flick, step, step. (2)
- **Freestyle.**

Chorus:

- Push down to the right, push down to the left (2) cross your arms, and nod twice.
- Hand shift to left, hand shift to the right.
- Roll with the left, roll with the right.
- Hand flick high, hand flick hip. (2)
- Right hand to the right, left hand to the left.
- Jump rope to the right, then the left. (2)
- Twirl to the right and clap.
- Snake down to the left, then back. (2)
- Jump rope to the left, then to the right. (2)
- Twirl to the left and clap.
- Right hand to the right, left hand to the left.
- Flick, flick, step, step.
- **Step clap (2) and look!**
- **Shoulder shimmy.**

Part 3

Outro:

- Step back, cross your arms and open.
- Point up, and down to the ground.
- Flick, flick, step, step.
- Step clap (2) and look!
- Right hand to the right, left hand to the left.
- **POSE.**