

We Are Ready

32 Count, 4 Wall, Beginner

Choreographer: Beijing Quanjin Choreography Team
(July 2008)Choreographed to: We Are Ready by Various, CD:
Beijing Olympics Soundtrack

INTRO

Stand facing 6:00, feet astride, hands overlapped and put below the naval, head bowed

- 1-12 Slowly raise your head
- 1-12 Cross arms in front of body and raise slowly up to v shape
- 1-8 Step right beside left, lower hands down to the side
- 1-4 Touch right to the back, hold
- 5-8 ½ turn right, hold (12:00)
- 1 Cross hands in front of body and open them promptly, with palms facing up and step right next to left
- 2-8 Hold

- 1-2 Step right to right, transfer weight to right, arms stretched up, wave hands to right
- 3-4 Transfer weight onto left, arms stretched up, wave hands to right
- 5-8 Repeat 1-4
- 1-2 Step right beside left, bend both knees slightly, touch shoulders with fingers and stretch up, straightening knees simultaneously
- 3-8 Repeat 1-2

- 1-2 Step right to right, transfer weight to right, arms stretched up, wave hands to right
- 3-4 Transfer weight onto left, arms stretched up, wave hands to right
- 5-8 Repeat 1-4
- 1-2 Step right beside left, bend both knees slightly, touch shoulders with fingers and stretch up, straightening knees simultaneously
- 3-8 Repeat 1-2

THE MAIN DANCE

TWO STEPS TO RIGHT AND TO LEFT, CLAP HANDS

- 1-4 Body facing slightly to right diagonal, step right to right, step left beside right, step right to right, touch left beside right, clap hands
- Arm movement elbows bent, swing arms back, forward, back, clap
- 5-8 Body facing slightly to left diagonal, step left to left, step right beside left to left, touch right beside left, clap hands
- Arm movement elbows bent, swing arms back, forward, back, clap

STEPS DIAGONALLY FORWARD, TO LEFT, DIAGONAL RIGHT BACKWARD, TO LEFT; WITH CLAPS

- 1-4 Step diagonally forward to right, step left beside right, clap; step left to left, step right beside left, clap
- 5-8 Step diagonally backward to right, step left beside right, clap; step left to left, step right beside left, clap

BEND KNEES, STEP DIAGONALLY FORWARD RIGHT, STEP LEFT, BEND KNEES STEP DIAGONALLY FORWARD LEFT, STEP RIGHT, TWO ½ LEFT TURNS

- &1-2 Bending left slightly, step right with a long step diagonally forward to right, step left beside right
- &3-4 Bending right slightly, step left with long step diagonally forward to left, step right beside left
- 5-8 Step right forward, ½ turn to left, step right forward, ½ to left
- Easy option for 1-4: omit the knee bends

ROCKING TO RIGHT, TO LEFT, SYNCHRONIZING WITH HANDS STRETCHES, ¼ TURN LEFT

- 1-4 Step right to right, transferring weight to right, touch left to left (arm movement touch-shoulders with fingers, stretch arms to right), step left to left, touch right to right (arm movement touch shoulders with fingers stretch arms to left)
- 5-8 ¼ turn left, step right to right, touch left to left (arm movement touch shoulders with fingers, stretch arms to left), step left to left, touch right to right (arm movement: touch shoulders with fingers stretch arms to right)

ENDING

At 13th wall(12:00) dance until count 20, then replace counts 21-32 with standing feet apart, waving hands to right to left until end of song

