

Ready to Be Loved (P)

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 0

Level: Beginner Partner

Choreographer: Stéphanie FAUVEL (FR) & Thierry Fauvel (FR) - March 2025

Music: Ready To Be Loved - St. Lundi



Introduction : 16 counts

Start: Promenade position face LOD.

SECTION 1 LADY: HEEL R, HOOK R, HEEL R, FLICK R, TRIPPLE STEP FWD R, TRIPPLE STEP 1/2 TURN R

SECTION 1 MAN: HEEL R, HOOK R, HEEL R, FLICK R, TRIPPLE STEP FWD R, TRIPPLE STEP FWD L

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|-----|---|
| 1.2 | LADY: R heel forward - Hook R |
| 3.4 | LADY: R heel forward - Flick R |
| 5&6 | LADY: Step R forward - Step L together R - Step R forward |
| 7&8 | LADY: 1/4 R ... Step L to the Left - Step R next to L - 1/4 R ... Step L back |
| 1.2 | MAN: R heel forward - Hook R |
| 3.4 | MAN: R heel forward - Flick R |
| 5&6 | MAN: Step R forward - Step L together R - Step R forward |
| 7&8 | MAN: Step L forward - Step R together L - Step L forward |

SECTION 2: JUMP R, HOLD, JUMP L, HOLD, HIP ROLL ANTICLOCKWISE

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| &1.2 | Make a jump to the Right, Touch L next to R - Hold |
| &3.4 | Make a jump to the Left, Touch R next to L - Hold |
| 5.6 | Hip roll anticlockwise: Back - Right |
| 7.8 | Hip roll anticlockwise: Front - Left |

HANDS: Release your hands at the end of this section.

SECTION 3: TRIPPLE STEP FWD R, TRIPPLE STEP FWD L, STEP 1/2 TURN L, TRIPPLE STEP FWD R

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|-----|---|
| 1&2 | Step R forward - Step L together R - Step R forward |
| 3&4 | Step L forward - Step R together L - Step L forward |
| 5.6 | Step R forward - Turn 1/2 L stepping onto L (with check using right hand) |
| 7&8 | Step R forward - Step L together R - Step R forward |

SECTION 4 LADY: ROCK FWD L, TRIPPLE STEP FWD L, KICK BALL STEP R, WALK, WALK

SECTION 4 MAN: STEP 1/2 TURN R, TRIPPLE STEP FWD L, KICK BALL STEP R, WALK, WALK

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|-----|---|
| 1.2 | LADY: Rock FWD with L - Recover on R |
| 3&4 | LADY: Step L forward - Step R together L - Step L forward |
| 5&6 | LADY: Kick R - Ball step R - Step L forward |
| 7.8 | LADY: Walk R - Walk L |
| 1.2 | MAN: Step L forward - Turn 1/2 R stepping onto R |
| 3&4 | MAN: Step L forward - Step R together L - Step L forward |
| 5&6 | MAN: Kick R - Ball step R - Step L forward |
| 7.8 | MAN: Walk R - Walk L |

HANDS: Take the promenade position on the count 3.

POUR RESTER ZEN, DANSEZ ! TO KEEP ZEN, DANCE!

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