

Am I Ready

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Cameron Stuart (USA) - March 2023
音乐: 2 Be Loved (Am I Ready) (PNAU Remix) - Lizzo



INTRO 32 COUNTS

[1-8]: WALK X2, MAMBO STEP, OUT-IN-CROSS, HOLD, CROSS

1-2 1)Walk forward on R, 2)Walk forward on L
3&4 3)Rock forward on R, &)Recover on L, 4)Step back on R
5&6 5)Step out with L, &)Step in with R, 6) Cross L over R
7&8 7)Hold, &)Step R to R side, 8)Cross L over R

[9-16]: POINT OUT-OUT, SYNCOPATED WEAVE, TURNING HEEL GRIND, COASTER STEP

1-2 1)Point R to R side, 2)Touch R to R side
3&4 3)Step R behind L, &)Step L to L side, 4)Cross R over L
5-6 5)Rock L on L heel with the toes pointed forward, 6)Recover on R as you turn a quarter turn to the left
7&8 7)Step back on L, &)Step together with R, 8)Step forward on L

[17-24]: KICK, SIDE, COASTER STEP, TURNING HEEL GRIND, COASTER STEP

1-2 1)Kick R forward, 2)Point R to R side
3&4 3)Step back on R, &)Step together with L, 4)Step forward on R
5-6 5)Rock L on L heel with the toes pointed forward, 6)Recover on R as you turn a quarter turn to the left
7&8 7)Step back on L, &)Step together with R, 8)Step forward on L

[25-32]: ROCK, RECOVER, TRIPLE 1/2 TURN, 1/2 PIVOT, TRIPLE STEP

1-2 1)Rock forward on R, 2)Recover on L
3&4 3)1/4 turn right stepping on R, &)Step together with L, 4) 1/4 turn right stepping on R
5-6 5)Step forward on L, 6) 1/2 turn right switching weight to R
7&8 7)Step forward on L, &)Step together with R, 8)Step forward on L

SHOUT OUT TO DJ KERMIE J ROCK FOR THE SONG IDEA

Last Update: 1 Apr 2023