

# Am I ready ?!

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Gregory Danvoie (BEL) - March 2023  
音樂: 2 Be Loved (Am I Ready) - Lizzo



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## S1. Toe strut X2, Side chasse, Back rock, Recover

1-2      RF toe strut to the R  
3-4      LF cross toe strut to the R  
5&6      RF side chasse  
7-8      LF rock back, recover

## S2. Vine with ¼ turn, Scuff, Rocking chair

1-2      LF step to the side, RF cross behind LF  
3-4      LF step forward with ¼ turn to the L, RF scuff  
5-6      RF rock forward, recover  
7-8      RF rock back, recover

## S3. Jump Fwd & clap X2, Monterey with ½ turn

&1-2      Jump forward (R, L), clap in your hands (up)  
&3-4      Jump forward (R, L), clap in your hands (down)  
5-6      RF point the R, RF step next to LF with ½ turn to the R  
7-8      LF point the le L, LF step next to RF

## S4. Heel Fwd diagonal & together X2, Jazz box cross

1-2      RF heel forward diagonal, RF step next to LF  
3-4      LF heel forward diagonal, LF step next to RF  
5-6      RF cross over LF, LF step back  
7-8      RF step to the side, LF cross over RF

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