

# Am I Ready

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Improver  
編舞者: Cameron Stuart (USA) - March 2023  
音樂: 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