

Ready to Be Loved

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Luna VALERIOTI (FR) - July 2023
音樂: 2 Be Loved (Am I Ready) - Lizzo



Intro: Approx. 13 seconds, begin after "panic attack"
No Tag, No restart

[1 – 8] Vine R, Swivel x2

1-2 Step RF to R side (1), Step LF behind RF (2) 12:00
3-4 Step RF to R side (3), Touch LF next to RF (4) 12:00
5-6 Both heels go from R to L without moving the toes 12:00
7-8 Both heels go from R to L without moving the toes 12:00

[9 – 16] Vine L, Swivel x2

1-2 Step LF to L side (1), Step RF behind LF (2) 12:00
3-4 Step LF to L side (3), Touch RF next to LF (4) 12:00
5-6 Both heels go from R to L without moving the toes 12:00
7-8 Both heels go from R to L without moving the toes 12:00

[17 – 24] Step touch, Step touch ½, Step touch, Step touch ¼

1-2 Step RF fwd (1), Touch LF next to RF (2) 12:00
3-4 Make ½ turn L stepping LF fwd (3), Touch RF next to LF (4)
5-6 Step RF fwd (5), Touch LF next to RF (6) 6:00
7-8 Make ¼ turn L stepping LF side (7), Touch RF next to LF (8) 3:00

[25 – 32] Walk x3, Kick, Back x3, Touch

1-2 Step RF fwd (1), Step LF fwd (2) 3:00
3-4 Step RF fwd (3), Kick LF fwd (4) 3:00
5-6 Step LF back (5), Step RF back (6) 3:00
7-8 Step LF back (7), Touch RF next to LF (8) 3:00

And here we go again !!

Last Update: 2 Aug 2023
