

# Ready to Be Loved

**COPPER** KNOB  
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