

# Ready to Be Loved (P)

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 0      級數: Beginner Partner  
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音樂: Ready To Be Loved - St. Lundi



Introduction : 16 counts

Start: Promenade position face LOD.

**SECTION 1 LADY: HEEL R, HOOK R, HEEL R, FLICK R, TRIPPLE STEP FWD R, TRIPPLE STEP 1/2 TURN R**

**SECTION 1 MAN: HEEL R, HOOK R, HEEL R, FLICK R, TRIPPLE STEP FWD R, TRIPPLE STEP FWD L**

|     |                                                                               |
|-----|-------------------------------------------------------------------------------|
| 1.2 | LADY: R heel forward - Hook R                                                 |
| 3.4 | LADY: R heel forward - Flick R                                                |
| 5&6 | LADY: Step R forward - Step L together R - Step R forward                     |
| 7&8 | LADY: 1/4 R ... Step L to the Left - Step R next to L - 1/4 R ... Step L back |
| 1.2 | MAN: R heel forward - Hook R                                                  |
| 3.4 | MAN: R heel forward - Flick R                                                 |
| 5&6 | MAN: Step R forward - Step L together R - Step R forward                      |
| 7&8 | MAN: Step L forward - Step R together L - Step L forward                      |

**SECTION 2: JUMP R, HOLD, JUMP L, HOLD, HIP ROLL ANTICLOCKWISE**

|      |                                                    |
|------|----------------------------------------------------|
| &1.2 | Make a jump to the Right, Touch L next to R - Hold |
| &3.4 | Make a jump to the Left, Touch R next to L - Hold  |
| 5.6  | Hip roll anticlockwise: Back - Right               |
| 7.8  | Hip roll anticlockwise: Front - Left               |

**HANDS: Release your hands at the end of this section.**

**SECTION 3: TRIPPLE STEP FWD R, TRIPPLE STEP FWD L, STEP 1/2 TURN L, TRIPPLE STEP FWD R**

|     |                                                                           |
|-----|---------------------------------------------------------------------------|
| 1&2 | Step R forward - Step L together R - Step R forward                       |
| 3&4 | Step L forward - Step R together L - Step L forward                       |
| 5.6 | Step R forward - Turn 1/2 L stepping onto L (with check using right hand) |
| 7&8 | Step R forward - Step L together R - Step R forward                       |

**SECTION 4 LADY: ROCK FWD L, TRIPPLE STEP FWD L, KICK BALL STEP R, WALK, WALK**

**SECTION 4 MAN: STEP 1/2 TURN R, TRIPPLE STEP FWD L, KICK BALL STEP R, WALK, WALK**

|     |                                                           |
|-----|-----------------------------------------------------------|
| 1.2 | LADY: Rock FWD with L - Recover on R                      |
| 3&4 | LADY: Step L forward - Step R together L - Step L forward |
| 5&6 | LADY: Kick R - Ball step R - Step L forward               |
| 7.8 | LADY: Walk R - Walk L                                     |
| 1.2 | MAN: Step L forward - Turn 1/2 R stepping onto R          |
| 3&4 | MAN: Step L forward - Step R together L - Step L forward  |
| 5&6 | MAN: Kick R - Ball step R - Step L forward                |
| 7.8 | MAN: Walk R - Walk L                                      |

**HANDS: Take the promenade position on the count 3.**

**POUR RESTER ZEN, DANSEZ ! TO KEEP ZEN, DANCE!**

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