

# Been There, Done That

Count: 64

Wand: 2

Ebene:

Choreograf/in: John Robinson (USA)

Musik: Been There, Done That - Hank Williams, Jr.



## **LEFT-ROCK FORWARD, ROCK BACK, ROCK FORWARD, COASTER (LEFT-RIGHT-LEFT)**

- 1-2 Rock forward on the left foot, step back on the right foot
- 3-4 Rock back on the left foot, step forward on the right foot
- 5-6 Rock forward on the left foot, step back on the right foot
- 7&8 Step back on the left foot, step together with the right foot, step forward on the left foot

## **RIGHT KICK, CROSS, LEFT KICK, CROSS, RIGHT KICK, CROSS, LEFT KICK FORWARD, LEFT KICK SIDE (TRAVELING FORWARD)**

- 1-2 Kick the right foot forward, cross the right foot over the left (stepping forward)
- 3-4 Kick the left foot forward, cross the left foot over the right (stepping forward)
- 5-6 Kick the right foot forward, cross the right foot over the left (stepping forward)
- 7-8 Kick the left foot forward, kick the left foot out to the left side

## **STRUT LEFT (RIGHT HEEL-TOE-LEFT HEEL-TOE-REPEAT)**

- &1 Step left foot next to the right and touch the right heel forward in front of the left foot
- 2 Drop the right toe to the floor and snap the right fingers (facing 10:30)
- 3 Touch the left heel at a 45 degree angle to the left
- 4 Drop the left toe to the floor and snap the right fingers
- 5-8 Repeat heel-toe strut with the right and left foot

**Your body should be at a 45 degree angle to the left when doing the above move**

## **RIGHT HEEL, TOGETHER, HEEL, HOOK, HEEL, TOGETHER, HEEL, HOOK & TURN ¼ TURN RIGHT (KEEP YOUR BODY TURNED 45 DEGREES LEFT)**

- 1-2 Tap the right heel forward, touch the right toe next to the left foot
- 3-4 Tap the right heel forward, cross the right foot over the left knee
- 5-6 Tap the right heel forward, touch the right toe next to the left foot
- 7 Tap the right heel forward
- 8 Cross the right foot over the left knee as you pivot ¼ turn right (facing 1:30)

## **RIGHT KICK & CROSS, RIGHT KICK & CROSS, TOUCH RIGHT, CROSS, UNWIND ¼ LEFT, TOUCH LEFT FORWARD**

- 1&2 Kick the right foot forward, step right foot next to left, cross the left foot over the right
- 3&4 Kick the right foot forward, step right foot next to left, cross the left foot over the right
- 5-6 Touch the right toe out to the right side, cross the right foot over the left foot
- 7 Pivot ¼ turn (plus a little) to the left and face 9:00 (shift weight to the right foot)
- 8 Point the left foot forward

## **PUSH HIPS (FORWARD, BACK, FORWARD-BACK-FORWARD), SWITCH RIGHT & LEFT, POINT LEFT, SLAP**

- 1-2 Push the left hip forward, push the right hip back
- 3&4 Push hips forward-back-forward. (shifting weight to the left foot)
- 5 Tap the right heel forward
- &6 Step the right foot next to the left and tap the left heel forward
- 7-8 Point the left toe out to the left, slap left foot behind the right knee with your right hand

## **STEP LEFT, CROSS RIGHT BEHIND & TURN ¼ LEFT, STEP RIGHT, OUT (TOES-HEELS), IN (HEELS-TOES)**

- 1-2 Step left with the left foot, cross the right foot behind the left foot  
& Turn ¼ left and step on the left foot  
3-4 Step forward on the right foot, step slightly to the left with the left foot  
5-6 With feet slightly apart, move both toes out, move both heels out  
7-8 Move both heels in, move both toes in

**KNEE POPS (RIGHT-HOLD-LEFT-HOLD), BIG STEP LEFT, DRAG LEFT FOOT TOGETHER**

- 1-2 Bend the right knee in toward the left leg, hold for one count  
3-4 Bend the left knee in toward the right leg, hold for one count  
5 Take a big step to the left on the left foot  
6-8 Slowly draw the left foot together with the right foot (keep weight on the right foot)

**REPEAT**

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