

# Been Left

**Count:** 32

**Wall:** 1

**Level:** Absolute Beginner

**Choreographer:** Don Pascual (FR) - March 2013

**Music:** I Ain't Been Right, Since I've Been Left - Dale Watson



This dance is specially dedicated to the « Chinook Country Line Dancers » of Calgary (Canada)

Start after 64 counts from the first up beat, on the word «Wake»

**Section 1: R Heel forward, hold, R toe behind, hold, runs forward R, L, R, hold**

1-4 R heel forward, hold, R toe behind, hold

5-8 3 runs forward R, L, R, hold

**Section 2: L heel, L hook, L heel, hold, runs backward (L, R, L), hold**

1-4 L heel forward, hook L across R shin, L heel forward, hold

5-8 3 little runs backward L, R, L, hold

**Section 3: (R heel, R hitch making 1/8 T to the L) x4**

1-2 R heel forward, R hitch beside L making 1/8 T to the L

3-4 R heel forward, R hitch beside L making 1/8 T to the L

5-6 R heel forward, R hitch beside L making 1/8 T to the L

7-8 R heel forward, R hitch beside L making 1/8 T to the L

**Option: (R heel, R hook, R heel, R flick making ¼ T to the L) x2**

**Section 4: Runs forward (R, L, R), hold, swivel with ¼ T to the L, swivel, swivel with ¼ T to the L, hold**

1-4 3 little runs forward R, L, R, hold

5-8 Swivel heels to the R making a ¼ turn to the L, swivel heels to the L, swivel heels to the R making a ¼ turn to the L (ending weight on L foot) , hold

**Note:** The runs of section 1 must be bigger than those of sections 2 and 4 so as to begin the walls at the same place.

Have fun with this dance...

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