

# I've Been Found

拍数: 48                      墙数: 4                      级数: Improver  
编舞者: Meiske Pamaputera (INA) - February 2016  
音乐: I Been Found 2.26 - Sam Millar



Sequence : 48- 48 – 32- 48- 48 – 32- 48 -32

Intro: 32 counts

Note; Thanks to Henrico for suggesting this energetic music.

## S1: RIGHT SWIVET, HOLD, LEFT SWIVET, TRAVELLING TWIST TO RIGHT

1-4                      On Ball of Left and Heel of Right, Hold, On Ball of Right and Heel of Left, Hold\*

### Easier version – Twist Right, Hold, Twist Left, Hold

5-8                      On Ball of Both Feet twist to Right with both toes, heels, toes, Hold

## S2 : LEFT SWIVET, HOLD, RIGHT SWIVET, TRAVELLING TWIST TO LEFT

1-4                      On Ball of Right and Heel of Left, Hold, On Ball of Left and Heel of Right, Hold \*

### Easier version – Twist Left, Hold, Twist Right, Hold

5-8                      On Ball of Both Feet twist to Left with both toes, heels, toes, Hold ( weight on Left )

## S3 : SWIVEL TRAVELLING FORWARD DIAGONAL RIGHT

1-4                      With weight on Left Travelling Forward Diagonal Right : Swivel Right Heel, Toe, Heel, Toe (01;30

5-8                      Continue swiveling Right Heel, Toe, Heel, Toe

## S4 : 1/ 8 TURN RIGHT SLIDE, SWAY HIP LEFT & RIGHT, TRIPLE SIDE STEP, TOUCH

1-4                      1/8 Turn Right Slide Right , Hold, Shake Hip Left & Right

5-8                      Step Left to Left, Step Right next to Left, Step Left to Left, Touch (03;00) \*\*

\*\* Restart on wall 3 ( 09 :00 ) & on wall 6 (06:00 )

## S5 : JUMP FORWARD, JUMP BACK, STEP FORWARD RIGHT, LEFT, RIGHT, LEFT

1-2                      Jump forward Right& Left shoulder width , Hold

3-4                      Jump back on Right & Left shoulder width, Hold

5-8                      Step forward Right, Left, Right, Left ( show attitude )

## S6 : 3 PADDLE TURN, SLIDE HOLD

1-4                      Step Right forward, ¼ Turn Left, Step Right forward, ¼ Turn Left ( 09;00 )

5-8                      Step Right forward, ¼ Turn Left, ¼ Turn Left Slide Right to Right, Hold. ( 03;00 )

Start again & Enjoy the dance

Contact: [www.sagitadance.com](http://www.sagitadance.com), [www.meiske.com](http://www.meiske.com).