

# Been a MINUTE

拍数: 48                      墙数: 4                      级数: High Improver  
编舞者: Marianne Langagne (FR) & Val Saari (CAN) - March 2021  
音乐: Been a Minute - Hunter Brothers



Begin on the downbeat before the word "Been"

\*\*2 EZ Restarts

## S:1 SIDE, DIAGONALLY KICK ACROSS R & SIDE, CROSS/HOLD & CROSS & CROSS, SIDE ROCK

1-2                      Step RF to the R, Kick LF across RF  
&3-4                    Step LF left, Cross RF over LF, Hold (weight on RF)  
&5&6                    Step LF left, Cross RF over LF, Step LF left, Cross RF over LF  
7-8                      Rock LF left, RF Recover

## S:2 LF CROSS BEHIND R, R STEP FWD 1/4 TURN R, WALK LR, TRIPLE FWD, SWAY RL

1-2                      Cross LF behind RF, RF Fwd 1/4 Turn R (3:00)  
3-4                      Walk forward LR  
5&6                      Step LF forward, Step RF together, Step LF forward  
7-8                      Step RF to R side and sway hips R,L

## S:3 TURNING SHUFFLES (1/4 R, 3/4 R), HEEL TAPS RL, HEEL SPLITS

1&2                      Turn 1/4 R and Shuffle right RLR  
3&4                      Shuffle LRL turning 3/4 R (3:00)  
5&6&                    Tap RF heel diagonally right, Step RF beside L, Tap LF heel diagonally left, Step LF beside R  
7-8                      Split both heels apart, Close heels together

## S:4 RF SCISSORS, CROSS SHUFFLES, LINDY LEFT 1/4 R

1-2                      Rock RF to R side, Drag LF toes together  
3&4                      Crossing chassé R,L,R  
5&6                      Shuffle left (LRL)  
7-8                      Rock back on RF Pivot 1/4 R (6:00), Recover on LF \*

## S:5 POINT CROSSES (RLRL)

1-2                      RF point to right side, RF step forward in front of L  
3-4                      LF point to left side, LF step forward in front of R  
5-6                      RF point to right side, RF step forward in front of L  
7-8                      LF point to left side, LF step forward in front of R

## S:6 RF CROSS ROCK, TURNING SHUFFLES (1/4 R, 1/2 R), KICK-BALL-CROSS

1-2                      Cross-rock RF over L, LF recover  
3&4                      Pivot 1/4 R and Shuffle forward RLR  
5&6                      Shuffle LRL turning 1/2 R  
7&8                      Kick RF forward, Step RF beside L, Cross LF over R (3:00)

Two EZ Restarts \*

On Wall 3 after 32 counts facing 12:00

On Wall 5 after 32 counts facing 9:00

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Last Update - 3 April 2021

