

Been a MINUTE

COPPERKNOB
STEPSHEETS

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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