

I Been Like This

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Tessa Jansen (NL) - March 2024
音乐: Been Like This - Meghan Trainor & T-Pain : (iTunes)



Intro: 16 counts

R Out, L Out, R Coaster Step, L Lockstep, 3x hip bumps ½ L

1-2 Step R Diagonally Fwd (Out), Step L Diagonally Fwd (Out)
3&4 Step R Back, Close L next to R, Step R Fwd
5-6 Step L Fwd, Lock R Behind L, Step L Fwd
7&8 Push R Hip Diagonally Fwd, ¼ Turn L Push L Hip to L side (9:00), ¼ Turn L Push R Hip Backwards and end with L Toe Fwd (6:00)

L Walk Fwd, R Walk Fwd, L Lockstep, 2x Hip Rolls ¼ Turn L

1-2 Walk L Fwd, Walk R Fwd
3&4 Step L Fwd, Lock R Behind L, Step L Fwd
5-6 Step R Fwd, ¼ Turn L take weight on L (3:00) [use your hips as you turn]
7-8 Step R Fwd, ¼ Turn L take weight on L (12:00) [use your hips as you turn]

Charleston Step, R Cross Samba, L Cross, ¼ Turn L Step Back on R, ¼ Turn L Step L to L Side

1-2 Step R Fwd, Touch L Fwd
3-4 Step L Back, Touch R Back
5&6 Cross R Over L, Rock L to L Side, Recover on R (travel a bit fwd if you like)
7&8 Cross L Over R, ¼ Turn L Step Back on R, ¼ L Step L to L Side (6:00)

R Cross Rock, R Chassé ¼ Turn R, L+R 2x Walk ¼ Turn R, L Shuffle Fwd

1-2 R Cross Rock over L, Recover on L
3&4 Step R to R Side, L Step next to R, ¼ Turn R Step R Fwd (9:00)
5-6 ¼ Turn R Step Fwd on L, ¼ Turn R Step Fwd on L
7&8 Step L Fwd, R step next to L, Step L Fwd (3:00)

ENDING: Wall 9 (start 12:00) is the last wall. After the First 16 counts, you will end on 12:00 and strike a pose!□

I think this is such a happy song!

So all I have to say is: Enjoy, smile and have a great time on the dancefloor!□

Last Update – 19 Mar. 2024 – R1