

Been Like This AB

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Annemaree Sleeth (AUS) - March 2024
音乐: Been Like This - Meghan Trainor & T-Pain
或: Two Strong Hearts - John Farnham



Split Floor to Harder Dances

No Tags Or Restarts

Written for the New Dancers at Sherbrooke U3a

This can be a 1 wall dance for brand new beginners or 4 wall

Intro: Counts 16 "OOwee"Dance Rotates Ccw

S1 [1 – 8] OUT OUT BACK, BACK (V STEPS X 2)

1 – 2 Step Right Diag Forward, Step Left Diag Forward
3 – 4 Step Right Back, Step Left Beside Right
5 – 6 Step Right Diag Forward, Step Left Diag Forward
7 – 8 Step Right Back, Step Left Beside Right

S2 [9 – 16] SIDE TOGETHERS X 3 SIDE, TOUCH

1 – 2 Step Right Side, Step Left Beside Right
3 – 4 Step Right Side, Step Left Beside Right
5 – 6 Step Right Side, Step Left Beside Right
3 – 4 Step Right Side, Touch Left Beside Right

Dance Ends To The Front Here

Add Exaggerated Hips Movements on the 4 Side together

S3 [17 -24] STEP TAP X 2 VINE ¼, BRUSH/TOUCH

1 – 2 Step/Sway Left Side, Tap Right Heel In
3 – 4 Step/Sway Right Side, Tap Left Heel In
5 – 6 Step Left Side, Cross Right Slightly Behind Left
7 – 8 Turn ¼ Left Step Left Forward, Brush Ball of Right Foot Forward (9.00)

S4 [25 – 32] ROCKING CHAIR, DOUBLE HIPS RIGHT THEN LEFT

1 – 2 Rock Right Forward, Recover Left
3 – 4 Rock Right Back, Recover Left
5 – 6 Step Right Side Bumping R Hips Twice
7 – 8 Step Left Side, Bumping L Hips Twice WGT L

Ending. Facing 12.00 Dance up to sec 2, and Pose arms out to sides

Watch The Video on [annemaree sleeth Youtube](#)

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