

Been Like This

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Hayley Wheatley (UK) - April 2024
音乐: Been Like This - Meghan Trainor & T-Pain



Intro : 16 counts

[1-8] OUT OUT, COASTER STEP R, CROSS STEP ¼ TURN, ¼ TURN BACK R, COASTER STEP L

1 2 Step RF out to R side (1), Step LF out to L side (2) 12:00
3&4 Step RF back (3), Step LF back next to RF (&), Step RF forward (4)
5 6 Make ¼ turn L, stepping over RF (5), ¼ turn L, Step RF back (6)
7&8 Step LF back (7), Step RF back next to LF (&), Step LF forward (8) 06:00

[9-16] WALK FWD R L, ROCK R FWD, ¼ TURN R SHUFFLE R SIDE, SIDE R, CLOSE L w/FLICK R

1 2 Walk RF forward (1), Walk LF forward (2)
3 4 Rock RF forward (3), Recover on LF (4)
5&6 ¼ turn to R, Step RF to R side (5), Step LF next to RF (&), Step RF to R side (6) 09:00
&7 8 Step LF next to RF (&), Step RF to R side (7), Step LF next to R with flick RF and 1/8 turn to L (8) 07:30

Easier option: 5-6 Step RF to R Side (5), Step LF behind RF (6), 7-8 Large step RF to R side (7), Slide LF beside RF, closing to make 1/8 turn to L, (8) (Weight on L)

[17-24] STEP R FWD, 1/8 TURN L, ¼ TURN CHARLESTON, POINT R, TOUCH R

1 2 Step RF forward (1), 1/8 turn to L, Step LF forward (2) 06:00
3 4 Point RF forward (3), 1/8 turn to L, Step RF back (4) 04:30
5 6 1/8 turn to L, point LF backward (5), Step LF forward (6) 03:00
7 8 Point RF forward (7), Touch RF next to LF (8)

[25-32] POINT SWITCH R&L, CLOSE L, HEEL SWITCH R&L, STEP R FWD, HEEL BOUNCES

1&2& Point RF to R side (1), Close RF to LF (&), Point LF to L side (2), Close LF next to RF (&),
3&4 Heel RF forward (3), Close RF next to LF (&), Heel LF forward (4)
&5 Close LF next to RF (&), Step RF forward (5)
6 7 Make 1/4 turn L as you bounce both heels (6), Make 1/8 turn L as you bounce both heels (7)
8 Make 1/8 turn L as you bounce both heels (8) 09:00

April 2024