

Been Like This

拍数: 64 墙数: 1 级数: Phrased Beginner
编舞者: Denny Jay Naim (INA) & Neva (INA) - April 2024
音乐: Been Like This - Meghan Trainor & T-Pain



Sequence: A-B-AA-B-AAAA(16c)

A

Sec 1: Charleston

1-4 Sweep RF forward(1), Sweep RF next to LF(2), Sweep LF back(3), Sweep LF next to RF(4)
5-8 Sweep RF forward(5), Sweep RF next to LF(6), Sweep LF back(7), Sweep LF next to RF(8)

Sec 2 : Pivot, Forward Shuffle

1-4 Step RF Forward(1), ½ L pivot(2)(06.00), Step RF forward(3), Step LF next RF(&), Step RF Forward (4)
5-8 Step LF Forward(5), ½ R pivot(6)(12.00), Step LF forward(7), Step RF next LF(&), Step LF Forward (8)

Sec 3: Heel R, Toe R, Skate RLR Touch L

1-4 Tap RF Heel twice (1,2), Tap RF Toe twice (3,4)
5-8 Skate Forward RL(5-7), Touch LF Close to Rf (8)

Sec 4 : Heel L, Toe L, Skate LRLR

1-4 Tap LF Heel twice (1,2), Tap LF Toe twice (3,4)
5-8 Skate Forward LRLR (5-8)

B

Sec 5 : Toe strut LR, Hip Roll with Bump RL

1-4 Toe strut LF (1,2)(style with hip bump), Tap RF Ball (3,4)(style with hip bump)
5-8 ½ Hip Roll from L to R with bump(5,6), ½ Hip Roll from R to L with bump(7,8)

Sec 6 : Gravine, L Rolling Vine

1-4 Step RF to R side(1), cross LF behind RF(2) Step RF to R side(3), touch LF to side(4)
5-8 Turn 1/4 left step L forward, Turn 1/2 left step R back, Turn 1/4 left step L to side, touch R together

Sec 7 : Toe strut LR, Hip Roll with Bump RL

1-4 Toe strut LF (1,2)(style with hip bump), Tap RF Ball (3,4)(style with hip bump)
5-8 ½ Hip Roll from L to R with bump(5,6), ½ Hip Roll from R to L with bump(7,8)

Sec 8 : Gravine, L Rolling Vine

1-4 Step RF to R side(1), cross LF behind RF(2) Step RF to R side(3), touch LF to side(4)
5-8 Turn 1/4 left step L forward, Turn 1/2 left step R back, Turn 1/4 left step L to side, touch R together

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