

Been Like Meghan

拍数: 64 墙数: 4 级数: Phrased Beginner
编舞者: Sebastian Buttgerit (DE) - September 2024
音乐: Been Like This - Meghan Trainor & T-Pain



Intro: 16 Counts

Sequence: A, B, A, A, B, A, B, A, A

PART A: 32 Counts

STEP, KICK, COASTER STEP, STEP, KICK, COASTER STEP

1-2 Step forward on RF, Kick forward on LF
3&4 Step left back, Step right together, Step left forward
5-6 Step forward on RF, Kick forward on LF
7&8 Step left back, Step right together, Step left forward

¼ TURN JAZZBOX POINT & POINT & POINT & POINT

1-2 Cross R over L, Step L Back ¼ Turn over R Shoulder (03:00)
3-4 Step R Side R, Cross L over R [Alt: Close your feet]
5&6& Point right to right, step right beside left, point left to left, step left beside right
7&8 Point right to right, step right beside left, point left to left

FORWARD ROCK STEP, LEFT SHUFFLE ½ TURN LEFT, PIVOT ½ TURN L (2x)

1-2 Rock forward on to left, recover weight on to right
3&4 Shuffle ½ turn left stepping – left-right-left
5-6 Pivot ¼ turn left
7-8 Pivot ¼ turn left

HEELS OUT AND IN (3x)

&1-2 R heel step right diagonal forward, L heel step left diagonal left forward, Hold
&3-4 RF step in center, LF closes RF, Hold
&5&6 R heel step right diagonal forward, L heel step left diagonal left forward, RF step in center, LF closes RF
&7&8 R heel step right diagonal forward, L heel step left diagonal left forward, RF step in center, LF closes RF

PART B: 32 Counts

GRAPEVINE TOUCH (2x)

1-2 RF side, LF cross behind RF
3-4 RF side, LF close with touch to RF
5-6 LF side, RF cross behind RF
7-8 LF side, RF close with touch to LF

K-STEP

1-2 Step RF diagonally forward, Touch LF to RF
3-4 Step LF diagonally backward, Touch RF to LF
5-6 Step RF diagonally backward, Touch LF to RF
7-8 Step LF diagonally forward, Touch RF to LF

FORWARD ROCK STEP, LEFT SHUFFLE ½ TURN LEFT, PIVOT ½ TURN L (2x)

1-2 Rock forward on to left, recover weight on to right
3&4 Shuffle ½ turn left stepping – left-right-left

5-6 Pivot ¼ turn left
7-8 Pivot ¼ turn left

HEELS OUT AND IN (3x)

&1-2 R heel step right diagonal forward, L heel step left diagonal left forward, Hold
&3-4 RF step in center, LF closes RF, Hold
&5&6 R heel step right diagonal forward, L heel step left diagonal left forward, RF step in center, LF closes RF
&7&8 R heel step right diagonal forward, L heel step left diagonal left forward, RF step in center, LF closes RF

ENDING OPTION:

At the last wall, at the end, you can dance two 'Monterey Turns' with a 1/4 turn to finish the dance facing forward at the end

Last Update: 16 Sep 2024
