

# Been Like This

拍数: 96      墙数: 4      级数: Phrased Advanced  
编舞者: Cameron Stuart (USA) & Derek Jackson (USA) - October 2024  
音乐: Been Like This - Meghan Trainor & T-Pain



## INTRO: 16 COUNTS

PHRASING: A,B,C, A,B,C, A,C,C(16)

### PART A

#### [1-8]: STEP, HOLD, STEP, HOLD, HIP ROLL

1-2            1)Step R to R diagonal, 2)Hold  
3-4            3)Step L to L diagonal, 4)Hold  
5-6-7-8       5-7)Roll hips clockwise, 8)End roll with weight on L

#### [9-16]: CROSS BACK SIDE X2, PIVOT 1/2 TURN X2

1&2            1)Cross R over L, &)Step back on L, 2)Step R to R side  
3&4            3)Cross L over R, &)Step back on R, 4)Step L to L side  
5-6            5)Step forward on R, 6)1/2 turn L switching weight to L  
7-8            7)Step forward on R, 8)1/2 turn L shifting weight to L

#### [17-24]: CHARLESTON, STEP-LOCK-STEP, ROCK, RECOVER

1-2            1)Touch R forward, 2)Step back on R  
3-4            3)Touch L back, 4)Step forward on L  
5&6            5)Step forward on R, &)Step L behind R, 6)Step forward on R  
7-8            7)Rock forward on L, 8)Recover on R

#### [25-32]: BACKWARDS FULL VOLTA TURN, JAZZ BOX W/ 1/4 TURN

1&2&           1)1/4 turn L stepping L back, &)Close R behind L, 2)1/4 turn L stepping L back, &)Close RF behind L  
3&4            3)1/4 turn L stepping L back, &)Close R behind L, 4)1/4 turn L stepping L back  
5-6            5)Cross R over L, 6)Step back on L making a 1/4 turn R  
7-8            7)Step R to R side, 8)Step forward on L

### PART B

#### [1-8]: DOROTHY STEP R, DOROTHY STEP L, PIVOT 1/2 TURN, 1/4 R, BEHIND

1-2&           1)Step R to R diagonal, 2)Step L behind R, &)Step R to R diagonal  
3-4&           3)Step L to L diagonal, 4)Step R behind L, &)Step L to L diagonal  
5-6            5)Step forward on R, 6)1/2 turn L switching weight to L  
7-8            7)Step forward on R making a 1/4 turn L, 8)Step L behind R

#### [9-16]: BALL-CROSS SHUFFLE, ROCK, RECOVER, SAILOR STEP X2

&1&2           &)Step R to R side, 1)Cross L over R, &)Step R to R side, 2)Cross L over R  
3-4            3)Rock R To R side, 4)Recover on L  
5&6            5)Step R behind L, &)Step L to L side, 6)Step R to R side  
7&8            7)Step L behind R, &)Step R to R side, 8)Step L to L side

#### [17-24]: CROSS SHUFFLE, 3/4 SPIN, ROCK-AND-CROSS X2

1&2            1)Cross R over L, &)Step L to L side, 2)Cross R over L  
3-4            3)Step L to L side making a 1/4 turn R, 4)Step back on R making a 1/2 turn R  
5&6            5)Rock L to L side, &)Recover on R, 6)Cross L over R  
7&8            7)Rock R to R side, &)Recover on L, 8)Cross R over L

**[25-32]: MAMBO STEP, COASTER STEP, 1/4 PIVOT TURN, CROSS SHUFFLE**

- 1&2 1)Rock forward on L, &)Recover on R, 2)Step back on L  
3&4 3)Step back on R, &)Step L next to R, 4)Step forward on R  
5-6 5)Step forward on L, 6)1/4 turn R switching weight to R  
7&8 7)Cross L over R, &)Step R to R side, 8)Cross L over R

**PART C**

**[1-8]: SLIDE R, HOLD, SAILOR HEEL, STEP, TOE, STEP, HEEL, STEP, TOE, STEP, HEEL**

- 1-2 1)Take large step to R side, 2)Hold keeping L free  
3&4 3)Step L behind R, &)Step R to R side, 4)Show L heel  
&5&6 &)Step down on L, 5)Touch R toe next to L, &)Step back on R, 6)Show L heel  
&7&8 &)Step down on L, 7)Touch R toe next to L, &)Step back on R, 8)Show L heel

**[9-16]: CROSS, ROCK-AND-CROSS, POINT R, FULL TURN L W/ 4 CHUGS**

- &1 &)Step down on L, 1)Cross R over L  
2&3 2)Rock L to L side, &)Recover on R, 3)Cross L over R  
4 4)Point R to R side  
5-6-7-8 5-7)Maintain weight on L while pushing 1/4 turn 3 times over L shoulder with R, 8)Push 1/4 turn over L shoulder with R ending with weight on L

**[17-24]: HEEL JACKS X2, BALL-CROSS, 1/4 TURN R, BALL-CROSS SHUFFLE**

- 1&2 1)Cross R over L, &)Step L to L side, 2)Show R heel  
&3&4 &)Step back on R, 3)Cross L over R, &)Step R to R side, 4)Show L heel  
&5-6 &)Step down on L, 5)Cross R over L, 6)Step back on L making a 1/4 turn R  
&7&8 &)Step R to R side, 7)Cross L over R, &)Step R to R side, 8)Cross L over R

**[25-32]: ROCK, RECOVER, WEAVE L, FULL BOUNCING UNWIND**

- 1-2 1)Rock R to R side, 2)Recover on L  
3&4 3)Step R behind L, &)Step L to L side, 4)Cross R over L  
5-6-7-8 5-8)Bounce 4 times unwinding with a full turn with weight ending on L

**Last Update: 10 Oct 2024**

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