

Been Around

拍数: 64 墙数: 4 级数: Improver
编舞者: Noel Bradey (AUS) & Margaret Parrish (AUS)
音乐: No One Like You - The Roger Springer Band



- 1-2-3-4 Step forward right, hold, step forward left, hold
5-6-7-8 Step forward right, turn ½ turn left on ball of right stepping forward on left, step forward right, hold
- 1-2-3-4 Step forward left, hold, step forward right, hold
5-6-7-8 Turn ¼ turn right on ball of right stepping left to left side, step on ball of right to center, cross/step left over right, hold
- 1-2-3-4 (Traveling to right) touch right toe to right side while swiveling left heel to right, hold, touch right heel to right side while swiveling left toe to right side, hold
5-6-7-8 (Traveling to right) touch right toe to right side while swiveling left heel to right, touch right heel to right side while swiveling left toe to right side, touch right toe to right side while swiveling left heel to right, hold
- 1-2-3-4 Rock/step back on right, replace weight to center on left, step forward right, hold
5-6-7-8 Step forward on left, ½ turn pivot turn right (weight on right), tap left toe beside right foot, hold
- 1-2-3-4 Step back on left, hold, step back on right past left, hold
5-6-7-8 Step back on left, step right beside left, step forward on left, hold
- 1-2-3-4 Step right to right side, replace weight to center on left, cross/step right over left, hold
5-6-7-8 Step left to left side, replace weight to center on right, cross/step left over right, hold
- 1-2-3-4 Step right to right side, hold, touch left toe to left side (feet are apart), hold
5-6-7-8 Pop left knee, right knee, left knee, hold
- 1-2-3-4 Step left to left side, hold, touch right toe to right side (feet are apart), hold
5-6-7-8 Pop right knee, left knee, right knee, hold

REPEAT

"BIG FINISH" TO END DANCE FACING FRONT WALL

Dance final wall to count 32 then:

- 1-2-3-4 Step left back, hold, step right back hold
5-6-7-8 Step back on left, step right beside left, turn ¼ turn left stepping forward on left with left arm forward & down, right arm back & up