

"Been Their" First

拍数: 64 墙数: 0 级数: Phrased Intermediate
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音乐: Been There (feat. Sean Kenny) - The Drive



Sequence: AB, ABC, AB, AC, AB, AB, AB

Usually after the A section the weight is on the left foot. On the section where C follows A (after to tap, turn, step) the weight must end up on the right foot ready for the step touches of C

SECTION A

STEP, KICK, STEP, STEP, TWIST, TWIST, STEP SIDE, SAILOR STEP, CROSS, TURN

- 1-2&3 Step left forward, kick right forward, step right next to left, place left forward in front of right
&4-5 Twist both heels out, and back to center, step left out to left side
6&7 Step right behind left, step left out to left side, step right in place
8& Step left across in front of right, standing on left foot turn $\frac{1}{2}$ right

STEP, CROSS, TURN, BACK, SIDE TOGETHER, OUT, CROSS, HOLD-CLICK, KICK BALL POINT

- 1-2 Step right foot in place, step left across in front of right, turning $\frac{1}{4}$ to left
3&4 Step right back in place turning $\frac{1}{4}$ left, step left out to left side (&) step right next to left
&5-6 Jump feet apart, jump and cross right in front of left, snap (click) fingers of right hand
7&8 Kick left diagonally forward, step left foot next to right, bending left knee, point right foot diagonally forward across left

TURNING SAILOR, STEP TURN STEP, TAP-TAP TURN, KICK TURN POINT

- 1&2 Sweep right toe out to right side and behind left stepping onto right and turning $\frac{1}{4}$ turn right, step left next to right, step right forward
3&4 Step forward on left, pivoting on left, turn $\frac{1}{2}$ turn to left stepping back on right, step back on left
5&6 Tap right toe next to left with right knee pointing towards forward left diagonal, pivoting on right $\frac{1}{4}$ turn to right (right knee now pointing to right diagonal) tap right next to left, pivoting another $\frac{1}{4}$ turn to right, step forward onto right
7&8 Kick left forward, turn $\frac{1}{4}$ to left stepping left next to right, point right toe to right side

HEEL - CROSS - SLIDE, HEEL - CROSS - SLIDE, REVERSE $\frac{1}{2}$ TURN, HOLD-CLICK, TAP-TURN-STEP

- 1&2 Touch right heel forward (weight on left), cross right over left locking calf of right leg against shin of left, straighten right leg pushing left leg back as you change weight onto right continuing to slide back with left
3&4 Touch left heel forward (weight on right), cross left over right locking calf of left leg against shin of right, straighten left leg pushing right leg back as you change weight onto left continuing to slide back with right
5-6 Keeping weight on left pivot $\frac{1}{2}$ turn to right (leg straight, ball of foot on floor), click (snap) right fingers
7&8 Tap right toe next to left, turn $\frac{1}{4}$ turn to right stepping forward onto right, turning $\frac{1}{4}$ turn to right step left to left side

SECTION B

SKATE RIGHT, LEFT, RIGHT, LEFT, RIGHT, SKATE LEFT, RIGHT, SAMBA TURN

- 1-2 Swivel on left foot and step right foot forward to right side, swivel on right foot and step left foot forward to left side
3&4- Swivel on left foot and step right foot forward to right side, step left in place (where it is), step right foot in place
5-6 Swivel on right foot and step left foot forward to left side, swivel on left foot and step right foot forward to right side

7&8 Turn ¼ left from original wall and step forward onto left foot, turn ¼ left rock ball of right foot slightly to right side, turn ½ left, step left foot across in front of right

Do not travel on these skater steps, the triple is almost on the spot

POINT CROSS, POINT CROSS, ¼ TURN, SYNCOPATED JAZZ BOX

1-2 Point right to right side, step right across in front of left

3-4 Point left to left side, step left across in front of right

&5-6 Pivot on left ¼ turn to left stepping back with right, step left to left side, step right forward and slightly across in front of left

7&8& Step left across in front of right, step right back, step left next to right, step right forward

SECTION C

STEP TOUCH, STEP TOUCH, 2 X ½ MONTEREY TURNS

1-2 Step left forward, touch right toe next to left

Option: drag right toe to meet left foot

3-4 Step right forward, touch left toe next to right

Option: drag left toe to meet right foot

5-6 Point left to left side, pivot ½ turn to left on right foot stepping left next to right and taking weight

7-8 Point right to right side, pivot ½ turn to right on left foot stepping right next to left and taking weight

PIVOT TURN, KICK BALL STEP, SIDE TOGETHER, KICK BALL CROSS HOLD

1-2 Step left forward, turn ½ turn to right transferring weight forward onto right foot

3&4 Kick left foot forward, step ball of left next to right, step right forward

5& Point left to left side, touch left next to right

6&7-8 Kick left foot forward, step ball of left next to right, step right forward and across in front of right, spread arms out to side and hold for one count
