

Been There, Done That

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数:
编舞者: John Robinson (USA)
音乐: Been There, Done That - Hank Williams, Jr.



LEFT-ROCK FORWARD, ROCK BACK, ROCK FORWARD, COASTER (LEFT-RIGHT-LEFT)

- 1-2 Rock forward on the left foot, step back on the right foot
- 3-4 Rock back on the left foot, step forward on the right foot
- 5-6 Rock forward on the left foot, step back on the right foot
- 7&8 Step back on the left foot, step together with the right foot, step forward on the left foot

RIGHT KICK, CROSS, LEFT KICK, CROSS, RIGHT KICK, CROSS, LEFT KICK FORWARD, LEFT KICK SIDE (TRAVELING FORWARD)

- 1-2 Kick the right foot forward, cross the right foot over the left (stepping forward)
- 3-4 Kick the left foot forward, cross the left foot over the right (stepping forward)
- 5-6 Kick the right foot forward, cross the right foot over the left (stepping forward)
- 7-8 Kick the left foot forward, kick the left foot out to the left side

STRUT LEFT (RIGHT HEEL-TOE-LEFT HEEL-TOE-REPEAT)

- &1 Step left foot next to the right and touch the right heel forward in front of the left foot
- 2 Drop the right toe to the floor and snap the right fingers (facing 10:30)
- 3 Touch the left heel at a 45 degree angle to the left
- 4 Drop the left toe to the floor and snap the right fingers
- 5-8 Repeat heel-toe strut with the right and left foot

Your body should be at a 45 degree angle to the left when doing the above move

RIGHT HEEL, TOGETHER, HEEL, HOOK, HEEL, TOGETHER, HEEL, HOOK & TURN ¼ TURN RIGHT (KEEP YOUR BODY TURNED 45 DEGREES LEFT)

- 1-2 Tap the right heel forward, touch the right toe next to the left foot
- 3-4 Tap the right heel forward, cross the right foot over the left knee
- 5-6 Tap the right heel forward, touch the right toe next to the left foot
- 7 Tap the right heel forward
- 8 Cross the right foot over the left knee as you pivot ¼ turn right (facing 1:30)

RIGHT KICK & CROSS, RIGHT KICK & CROSS, TOUCH RIGHT, CROSS, UNWIND ¼ LEFT, TOUCH LEFT FORWARD

- 1&2 Kick the right foot forward, step right foot next to left, cross the left foot over the right
- 3&4 Kick the right foot forward, step right foot next to left, cross the left foot over the right
- 5-6 Touch the right toe out to the right side, cross the right foot over the left foot
- 7 Pivot ¼ turn (plus a little) to the left and face 9:00 (shift weight to the right foot)
- 8 Point the left foot forward

PUSH HIPS (FORWARD, BACK, FORWARD-BACK-FORWARD), SWITCH RIGHT & LEFT, POINT LEFT, SLAP

- 1-2 Push the left hip forward, push the right hip back
- 3&4 Push hips forward-back-forward. (shifting weight to the left foot)
- 5 Tap the right heel forward
- &6 Step the right foot next to the left and tap the left heel forward
- 7-8 Point the left toe out to the left, slap left foot behind the right knee with your right hand

STEP LEFT, CROSS RIGHT BEHIND & TURN ¼ LEFT, STEP RIGHT, OUT (TOES-HEELS), IN (HEELS-TOES)

- 1-2 Step left with the left foot, cross the right foot behind the left foot
- & Turn ¼ left and step on the left foot
- 3-4 Step forward on the right foot, step slightly to the left with the left foot
- 5-6 With feet slightly apart, move both toes out, move both heels out
- 7-8 Move both heels in, move both toes in

KNEE POPS (RIGHT-HOLD-LEFT-HOLD), BIG STEP LEFT, DRAG LEFT FOOT TOGETHER

- 1-2 Bend the right knee in toward the left leg, hold for one count
- 3-4 Bend the left knee in toward the right leg, hold for one count
- 5 Take a big step to the left on the left foot
- 6-8 Slowly draw the left foot together with the right foot (keep weight on the right foot)

REPEAT
