

# Been There, Done That

**COPPER** KNOB  
BY STEPHEN

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  $\frac{1}{4}$  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**

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